

winter squash

butternut, buttercup, acorn

select

Choose squash that is heavy for its size. Avoid squash with soft spots or cracks.

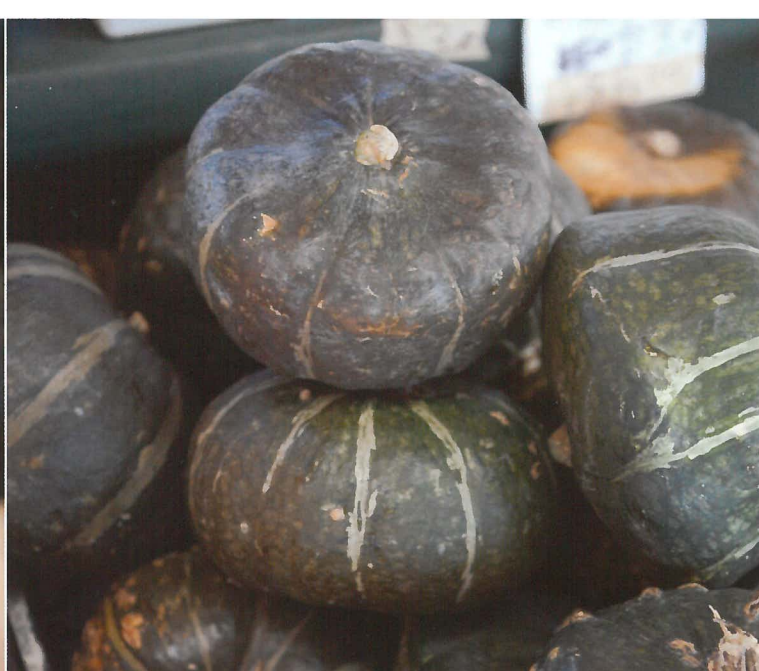
store

Store squash in a cool, dark place. Butternut squash for up to 1 month. Buttercup and acorn squash for up to 3 months.

prepare

Rinse squash with water before cutting. Scrub with a vegetable brush if needed. Cut into pieces and remove the seeds.

1 pound = 1 cup cooked and pureed squash



baked apples & squash

- 2 cups squash cubes
- 2 cups apple cubes
- 1 tablespoon olive oil or vegetable oil
- ½ teaspoon ground cinnamon
- 1 tablespoon sugar
- ½ teaspoon salt

- step 1** Peel the squash, remove the seeds, and cut into bite size pieces.
- step 2** Peel the apples, remove the core, and cut into bite size pieces.
- step 3** Combine the squash and apple pieces, oil, cinnamon, sugar and salt together in a bowl. Toss to coat evenly.
- step 4** Spread the mixture on a metal baking pan.
- step 5** Bake in a 425° oven for 20 to 30 minutes, or until squash is soft.

Makes 4 servings - One serving (½ cup) has 102 calories, 3 gms fat, 293 mg sodium and 2.5 gms fiber.



easy baked squash

- step 1** Wash squash, cut into pieces and remove the seeds.
- step 2** Place large pieces of squash on a metal baking sheet.
- step 3** Bake in a 400° oven for 45 to 60 minutes or until tender. **Tip:** remove the cooked squash from the peel. Mash and season with a little butter, salt and black pepper.

try glazed squash -

after 30 minutes of baking, sprinkle a tiny amount of orange juice, brown sugar and cinnamon on top of squash. Return to oven and bake for 15 to 30 more minutes.

