squash
Squash is a healthy, delicious and satisfying vegetable.

choose
Select winter squash that is firm and heavy for its size. Avoid squash with soft spots, cracks or mold.
2 to 3 pounds = 1 squash

store
Store squash in a cool, dry area away from sunlight. Avoid an area with very hot or cold temperatures.
Acorn squash can stay fresh up to 3 months. Butternut, Spaghetti and Kabocha squash can stay fresh up to 1 month. Wrap cut pieces of squash in plastic and refrigerate for up to 5 days.

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

roasted squash
Step 1 Wash the outside of the squash. Cut in half and remove the seeds. Cut off the peel if desired.
Step 2 Cut into large or bite size pieces. Sprinkle 3 cups squash chunks with 1 tablespoon oil and dash of salt.
Step 3 Place on a metal baking sheet. Roast in a 400° oven for 20 minutes. Turn a couple times while roasting.

try one of these flavors after baking:
• drizzle a little maple syrup on squash.
• sprinkle with butter, garlic salt and black pepper.
• drizzle a little brown sugar and cinnamon on warm squash.

Try the many different flavors of squash -
Butternut squash is shaped like a large pear, is easy to peel, has a deep orange flesh and a sweet flavor.
Acorn squash is small in size. One acorn squash can be cut in half for 2 to 4 servings. It has a unique flavor that is sweet, nutty and peppery.
Kabocha squash has a deep green skin and orange flesh, and is very sweet.
Spaghetti squash has a mild and slightly sweet flavor. You can scoop out the cooked flesh with a fork. It will separate into long strands that look like spaghetti.

Winter squash is an excellent source of Vitamin A and C, and a very good source of fiber.
**Parmesan Roasted Squash**

4 cups butternut squash chunks  
1 tablespoon melted butter  
½ teaspoon garlic powder  
¼ teaspoon salt  
2 tablespoons grated Parmesan cheese  

**Step 1** Peel the squash. Cut in half and remove the seeds. Cut squash into small cubes.  
**Step 2** Place squash cubes in a bowl. Sprinkle with melted butter, salt and garlic powder. Stir together.  
**Step 3** Place squash cubes on a metal baking pan. Roast in a 400°F oven for 40 minutes. Sprinkle with Parmesan cheese and roast for 5 more minutes.  

Makes 6 servings - One serving (¾ cup) has 68 calories, 2.5 g fat, 146 mg sodium and 2 g fiber.

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**Spaghetti Squash Pie**

1 spaghetti squash  
½ teaspoon garlic powder  
1 cup spaghetti sauce  
¼ cup mozzarella cheese  
2 tablespoons Parmesan cheese  

**Step 1** Cut a spaghetti squash in half and remove the seeds. Place the squash halves on a metal baking sheet that has been sprayed with a cooking spray. Bake in a 375°F oven for 60 minutes, or until soft.  
**Step 2** Scrape out the flesh of the cooked squash with a fork. Sprinkle with garlic powder.  
**Step 3** Spray a baking dish with a cooking spray. Place the cooked squash into the dish.  
**Step 4** Spread spaghetti sauce on top of the squash. Sprinkle with cheese. Bake in a 375°F oven for 20 to 30 minutes.  

Makes 6 servings - One serving (¾ cup) has 91 calories, 2 g fat, 250 mg sodium and 2 g fiber.

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**Apple Squash Patties**

1 spaghetti squash  
1 apple  
2 eggs  
½ cup flour  
¼ teaspoon salt  
¼ teaspoon ground cinnamon  

**Step 1** Cut a squash in half and remove seeds. Bake squash in a 375°F oven for 60 minutes or until soft. Scrape out the flesh of the squash with a fork. Peel the apple, remove the core and chop into tiny pieces.  
**Step 2** Combine the squash, apple, eggs, flour, salt and cinnamon together in a bowl.  
**Step 3** Spoon batter into a nonstick skillet. Cook over medium heat for 5 to 6 minutes. Flip patties over to cook on both sides. Serve with applesauce.  

Makes 5 servings - One serving (2 patties) has 91 calories, 2 g fat, 155 mg sodium and 1 g fiber.

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**Squash Mash**

An easy way to cook and serve squash!

**Step 1** Wash and peel a squash. Cut in half and remove the seeds. Cut into chunks.  
**Step 2** Cook squash in the microwave or on top of the stove.  
**In the microwave** - place the squash chunks in a bowl and cover with paper towel. Microwave on high for 2 to 3 minutes, or until soft.  
**On top of the stove** - cook the squash in a pan of boiling water for 5 to 10 minutes. Drain water off the squash.  
**Step 3** Mash squash. Stir in a little butter, salt and black pepper.

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**Add More**

- Stir a couple spoonfuls of mashed squash into macaroni and cheese.  
- Add mashed cooked squash to meatballs or meatloaf - adds nutrition and moisture.

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**Freeze**

How to freeze squash:

**Step 1** Bake, steam or microwave squash until soft.  
**Step 2** Mash squash and pack into freezer bags or containers.  
**Step 3** Keep in the freezer for up to 6 months.  

Tip: When ready to use, remove squash from freezer, and heat.