

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

kabocha squash



spaghetti squash

acorn squash

butternut squash

store

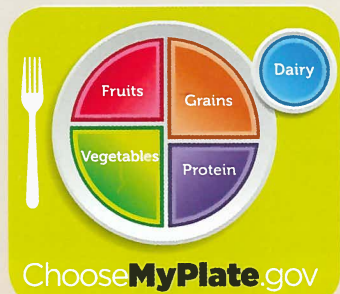
Store squash in a cool, dry area away from sunlight. Avoid an area with very hot or cold temperatures.

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



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.

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 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.



1 cup winter squash

Calories 76 (205g)		% Daily Value*	
Dietary Fiber (6g)	23%	Iron	5%
Vitamin A	214%	Vitamin C	33%
Potassium	14%	Folate	10%

*Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2000 calorie diet. Your daily values may be higher or lower based on your individual needs.

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
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- 2 tablespoons grated Parmesan cheese

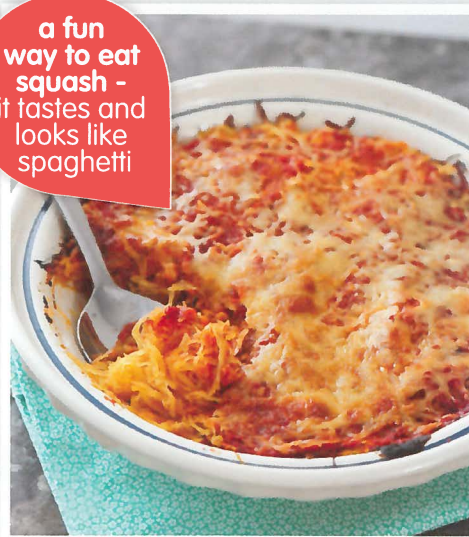
Step 1 Peel the squash. Cut in half and remove the seeds. Cut squash into small cubes.

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° oven for 40 minutes. Sprinkle with Parmesan cheese and roast for 5 more minutes.

Makes 6 servings - One serving (½ cup) has 68 calories, 2.5 gm fat, 146 mg sodium and 2 gm fiber.

a fun way to eat squash - it tastes and looks like spaghetti



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° 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° oven for 20 to 30 minutes.

Makes 6 servings - One serving (½ cup) has 81 calories, 2 gm fat, 259 mg sodium and 2.5 gm fiber.



apple squash patties

- 1 spaghetti squash
- 1 apple
- 2 eggs
- ⅓ cup flour
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon

Step 1 Cut a squash in half and remove seeds. Bake squash in a 375° 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 gm fat, 155 mg sodium and 1.5 gm fiber.

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.

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.

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.