

HARVEST OF THE MONTH:

Squash



Nutrition Facts

Serving Size 113 g

Amount Per Serving

Calories 18 Calories from Fat 2

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrate	4g	1%
Dietary Fiber	1g	5%
Sugars	2g	

Protein 1g

Vitamin A	5%	Vitamin C	32%
Calcium	2%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

HELPING YOUR FAMILY EAT HEALTHY

- Bake, broil, steam, saute, or microwave winter squash. Use it in stews, soups, salads, dips, breads, and even pies.
- Sample different varieties of squash. Which one is your family's favorite?
- Varieties with darker yellow/orange flesh are more nutritious than lighter colors. (Butternut squash is more nutritious than spaghetti squash.)
- Add squash to your family's favorite soup or casserole. Ask you child to help you make it.

HOW TO COOK SQUASH

- Boil it—Place squash in boiling water so that entire vegetable is covered. Cook until fork comes out easily.
- Bake it—Pierce the whole shell several times with a fork. Place on baking sheet in 375° oven. Or, cut in half, remove seeds, and place cut side down in baking dish with small amount of water. Bake for 45 minutes.
- Microwave it—Cut squash in half lengthwise, remove seeds and place cut side down in dish with ¼ c. water. Cook 12 minutes.
- Saute it—Cut squash in half and remove outer shell. Dice, peel or grate flesh. Saute in oil/broth mixture.
- Slow Cooker—Pierce whole shell several times with a fork and place in cooker with 2 c. water. Cook 8-10 hours, or until tender.



Squash Recipes

BAKED BUTTERNUT SQUASH CHIPS

INGREDIENTS

- 1 large butternut squash
- 2 teaspoons extra-virgin olive oil (optional)
- Salt, or to taste (optional)

DIRECTIONS

Preheat oven to 400F. Peel and then cut the squash into very thin rounds or slices. (There is a youtube video showing how to peel squash.) You can also use a mandolin. Toss the squash slices with the oil. Line baking sheets with parchment paper. Arrange the butternut squash slices on the baking sheet and bake for 20 - 35 minutes until the chips are curling up, but still bright orange and not browned. Sprinkle salt and serve, or store in airtight container for up to one week.

WINTER SQUASH BREAD

INGREDIENTS

- 3 cups all-purpose flour
- 1 cup sugar
- 2 teaspoons baking soda
- 2 teaspoons ground allspice
- 1-½ teaspoons baking powder
- 1 teaspoon salt
- 3 eggs
- 1 cup canola oil
- 2 teaspoons vanilla extract
- 1 cup frozen cooked winter squash, thawed
- 1 cup chopped walnuts (optional)

DIRECTIONS

In a large bowl, combine the flour, sugar, baking soda, allspice, baking powder and salt. In another bowl, beat the eggs, oil and vanilla; add squash. Stir into dry ingredients just until moistened. Fold in walnuts. Pour into two greased 8-in. x 4-in. loaf pans. Bake at 350° for 55-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

GARLIC & OLIVE OIL SPAGHETTI SQUASH

INGREDIENTS

- 1 spaghetti squash
- 3-4 cloves of garlic (minced)
- 2 tablespoons olive oil
- ¼ cup water
- Salt & pepper to taste

DIRECTIONS

Cut squash in half, lengthwise. Scoop out seeds, being careful to preserve as much of the inside as possible. In a casserole dish (coated with non-stick cooking spray), place squash face-down, then add 1/4 cup of water. Bake at 375 for 30 minutes, then turn squash over and cook for another 30 minutes or until soft. As squash is cooling, saute garlic and olive oil in a pan. Using a serving fork, scrape squash out and into the pan with the garlic and olive oil. Kids love to be the "squash scraper." (Using long strokes, the fork should make the squash come out in long, thin, spaghetti-like strands. Cook for another 3-5 minutes. (Until garlic is the color you like best!) Add salt and pepper to taste.

BUTTERNUT SQUASH APPLESAUCE

INGREDIENTS

- 1 jar applesauce (~46 oz)
- 1 12 oz package frozen squash

DIRECTIONS

Prepare the squash according to the directions. Combine both in a bowl. Serve warm or chill overnight. Add cinnamon or raisins as desired.