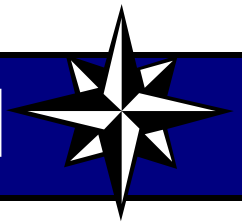


BUTTERNUT SQUASH



To Look for: Butternut squash should be heavy for its size, with a dull appearance and hard rind. Butternut squash are large with an elongated, bell shape. They have a tan-colored rind and yellow-orange flesh. Avoid butternut squash that is light in weight or has a shiny, tender rind.



At Home: To keep butternut squash fresh, store it on the countertop. It can be stored in a cool dry place for at least a month. If the squash has been cut into pieces, then wrap in a plastic wrap and refrigerate for up to 5 days.



Your Health: Butternut squash is a “powerhouse” vegetable:

- Very Good Source of Vitamin C
- Very Good Source of Vitamin A
- Good Source of beta-carotene
- Also includes fiber, calcium, iron, potassium and folate.



Benefits: Eating more vegetables, especially high fiber, Vitamin A and C rich vegetables, reduces risk of cancer, heart disease and strokes.

- Vitamin C helps your body absorb iron and helps your immune system
- Vitamin A helps maintain vision and keeps your immune system healthy
- Fiber aids digestion and gives a feeling of fullness when eating
- Calcium prevents bone loss, iron prevents anemia, potassium keeps up muscle function, and folate helps prevent birth defects.

Nutrition Facts

Serving Size ½ cup (103 g)

Amount Per Serving

Calories	Calories from Fat
41	0

% Daily Value*

Total Fat 0g	0%
---------------------	-----------

Saturated Fat 0g	0%
------------------	-----------

Cholesterol 0mg	0%
------------------------	-----------

Sodium 4mg	1%
-------------------	-----------

Total Carbohydrate 11g	4%
-------------------------------	-----------

Dietary Fiber 2g	8%
------------------	-----------

Sugars 2g

Protein 1g

Vitamin A	-	Vitamin C
228%		26%

Calcium 4%	-	Iron 3%
------------	---	---------

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

Additional Nutrition Information

Potassium 291mg **8%**
Folate 19 mg **5%**



Tips to Eat More Butternut Squash: A serving of butternut squash is ½ cup cooked.

- Hard shell squash may be baked and served alone as a side dish.
- Hard shell squash meat may be cut into pieces and added to soups, stews, and casseroles.
- Try using butternut or other winter squash in place of sweet potatoes or pumpkin in your favorite dishes, from side dishes to desserts.
- Try adding butternut squash to familiar foods like spaghetti, potato dishes, and stews.
- The seeds of butternut squash can be roasted and eaten. Scoop the seeds out and rinse them off with hot water. Then, sprinkle with salt or seasonings and bake in the oven on high until the seeds are crispy.
- In place of butternut, try other varieties of winter squash like: acorn, banana, buttercup, butternut, carnival, delicata, golden nugget, Hubbard, kabocha, spaghetti, sweet dumpling, turban, and pumpkin.



Quick Recipe Ideas:

- To make baked squash, cut squash in half. Place cut side down in a baking dish or tray in a 1/4" of water. Cover with plastic wrap and microwave on high till knife or fork pierces easily (about 10-15 minutes). Remove the seeds with a spoon. Drizzle margarine in the seed cavity and sprinkle with brown sugar.
- **Curried Pear and Butternut Squash Soup:**

- 1 Tbsp. oil
- 1 cup diced onion
- 2 garlic cloves, minced
- 1 Tbsp. brown sugar
- 1-1/2 lbs. butternut squash, peeled & diced
- 4 ripe pears, peeled cored & diced
- 1/2 tsp. cumin
- 1/8 tsp. cinnamon
- 1 Tbsp. curry powder
- 6 cups vegetable stock

Heat oil in a large pot over medium heat. Add onion & cook, stirring often about 5 minutes. Add garlic, curry powder, brown sugar, cumin & cinnamon, stir for few seconds, then add vegetable stock, squash, and pears. Bring to boil, then reduce heat & simmer covered about 25 minutes. Transfer mixture to blender in batches, and puree. Garnish with parsley.

Makes 8 Servings

Per Serving: Calories: 90, Fiber: 5 g, Vitamin A: 110%
(www.fabulousfood.com)



For One, Three or Four:

For one use ½ tsp. of oil, 1 Tbsp. diced onion, ¼ of a clove of garlic, ½ tsp. of curry powder, ½ tsp. of brown sugar, 3 ounces of butternut squash, ½ a pear, a pinch of cumin, a pinch of cinnamon, and ¾ cup of vegetable stock. To serve three or four, cut this recipe in half.

Modifications: If butternut squash is not available, try this soup with acorn squash or pumpkin. You can also use apples in place of pears.

Storage and Freezing: This soup is best eaten within a day or two of making. Freeze leftovers within a day or two for longer storage.



Try this recipe with your family or have your kids help you make it—it can be a good way to introduce them to squash. If you put an unfamiliar food, such as squash, in a familiar food, your child is more likely to try the new food.