

Acorn/Butternut Squash

Key Points

- For the best buy, choose butternut or acorn squash that are heavy and have smooth skins.
- To prepare squash, rinse and cut squash in half or quarters. Use a spoon to scoop out the seeds and then peel the squash.
- To keep fresh, store in a cool, dry place for up to 3 months.
- Squash contains potassium, which is good for a healthy heart.



Winter Squash Sauté

Ingredients:

1 acorn or butternut squash, about 2 pounds
2 tablespoons soft tub margarine
1 onion, chopped
Salt and black pepper to taste

Directions:

1. Cut squash in quarters. Scoop out the seeds. Peel and cut into small cubes.
2. In a large frying pan, melt the margarine over medium heat.
3. Add the onions to the frying pan. Cook 2 minutes, stirring often.
4. Add the squash to the frying pan. Cover and cook until the squash is tender, about 20 minutes.
5. Add salt and black pepper to taste. Enjoy!
6. Refrigerate leftovers.

Makes 8 servings.

Winter Squash with Apple Juice Glaze

Ingredients:

1 acorn or butternut squash, about 2 pounds
3 tablespoons soft tub margarine
1 1/2 cups apple juice
2 tablespoons pancake syrup
1 teaspoon cinnamon (optional)
1/4 teaspoon nutmeg (optional)
Salt and black pepper to taste

Directions:

1. Cut squash in quarters. Scoop out the seeds. Peel and cut into small cubes.
2. In a large frying pan or pot, melt the margarine over medium heat.
3. Add the squash, apple juice, syrup, cinnamon and nutmeg to the pan. Bring to a boil.
4. Cook 20-25 minutes or until the squash is tender and the liquid has formed a glaze. Add up to 1 cup of water to keep the squash from sticking to the pan, if needed. Stir often.
5. Add salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Serve squash as a hearty side dish.
- Add squash to a soup or casserole.
- Acorn and butternut squash are common types of winter squash.
- Remember to rinse all fruits and vegetables before using.

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