Good source of fiber which aids in digestion.

Rich in Vitamin C, good for fighting illness.

Rich in vitamin A, good for eyesight.

Why eat squash?

sweet dumpling  spaghetti squash  pattypan squash  sugar pumpkin

butternut squash  kabocha squash  acorn squash  red kuri squash

LOWCOUNTRY FOOD BANK
lowcountryfoodbank.org/nutrition
Poke & Microwave (10 minutes)

1. POKE WITH FORK
   Use a fork to poke holes all over squash.

2. MICROWAVE
   Place squash into microwave and cook on high for 10 minutes.

3. COOL & HALVE
   Let squash cool. Slice in half lengthwise with a knife.

4. SCOOP OUT SEEDS
   Use a spoon to scoop out the seeds. Squash is fully cooked and ready to use in a recipe or to eat as is.

Halve & Bake (40 minutes)

1. PREHEAT OVEN
   Preheat oven to 400° F.

2. HALVE SQUASH
   Use a knife to cut the squash in half lengthwise.

3. SCOOP OUT SEEDS
   Use a spoon to scoop out the seeds.

4. BAKE
   Place squash flesh-side down on baking sheet and cook for 35-40 minutes.

Dice & Bake (30 minutes)

1. PREHEAT OVEN
   Preheat oven to 400° F and spray a sheet pan with non-stick spray.

2. PEEL SQUASH
   Use a vegetable peeler to remove skin. Some skin may be left behind and is fine to eat.

3. HALVE & SCOOP
   Cut the squash in half lengthwise, and scoop out seeds.

4. DICE SQUASH
   Use a knife to slice squash lengthwise into strips. Then slice strips widthwise to create a dice.

5. BAKE
   Add diced squash to a lightly oiled sheet pan and bake for 30 minutes.

Quick Tips

- Use squash in any recipe that calls for pumpkin.
- A sweet and creamy addition to soups or stews.
- The smaller you cut the squash, the faster it will cook.