



# Winter Squash

Acorn, Butternut, Pumpkin,  
Hubbard, Delicata

## Why eat winter squash:

- Rich in vitamins such as vitamin A, which is good for eyesight and vitamin C, which helps fight off illness.
- Good source of fiber which aids in digestion.

## How to store and when to throw out:

- Store uncut for up to three months in a dark, dry place.
- Store cut squash in refrigerator for up to five days.
- Throw out when squash is molded or soft in texture.

## Winter Squash Risotto

Makes 6-8 servings

### Ingredients:

- 1, 11 ounce box quick cook barley
- 1/2 cup white cooking wine or apple juice
- 3 1/2 cups low sodium chicken broth
- 1 medium acorn squash, cut in half with seeds scooped out
- 2 tablespoons oil
- 2 teaspoons dry sage
- 2 teaspoons Mrs. Dash garden seasoning
- 1/2 teaspoon salt and pepper
- 5-6 ounces fresh spinach
- 1/2 cup grated parmesan

### Directions:

1. Pre-heat oven to 400 degrees F.
2. In a greased baking dish, lay squash face down. Bake 45-60 minutes. Let cool. Peel off the skin and smash with fork.
3. In a medium sauce pan over medium heat, heat 1 tablespoon oil. Add barley and toss to coat for 30 seconds.
4. Stir in sage, Mrs. Dash, and juice or wine and let cook 1 minute, stirring frequently.
5. Add chicken broth and cook until all liquid is absorbed, stirring frequently.
6. Add squash, fresh spinach, salt, and pepper to the cooked barley. Stir until squash is incorporated and spinach is wilted.
7. Stir in parmesan cheese and serve.

## Quick Tips:

- Cut in half, scoop out seeds with a spoon, and peel off the tough skin. Dice, lightly coat with oil and bake or sauté.
- Roast whole squash at 400° until soft (check with a fork; about 1 hour). Let cool 15 minutes before cutting in half and removing skin and seeds.
- Use in any recipe that calls for pumpkin.
- A sweet and creamy addition to soups or stews.

| Nutrition Facts                       |                     |
|---------------------------------------|---------------------|
| Serving Size 1 cup chopped 91g (91 g) |                     |
| Amount Per Serving                    |                     |
| Calories 31                           | Calories from Fat 3 |
| % Daily Value*                        |                     |
| Total Fat 0g                          | 1%                  |
| Saturated Fat 0g                      | 0%                  |
| Trans Fat                             |                     |
| Cholesterol 0mg                       | 0%                  |
| Sodium 30mg                           | 1%                  |
| Total Carbohydrate 6g                 | 2%                  |
| Dietary Fiber 2g                      | 9%                  |
| Sugars 2g                             |                     |
| Protein 3g                            |                     |
| Vitamin A 11%                         | Vitamin C 135%      |
| Calcium 4%                            | Iron 4%             |

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

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# Roasted Squash and Kale Salad

Serves 6

## Ingredients:

1 medium squash - acorn, butternut, pumpkin  
1 cup oil (1/4 cup for squash, 1/2 cup for dressing, and 1/4 cup for kale)  
1/3 cup lemon juice  
1 teaspoon salt and pepper  
2 teaspoons garlic powder  
10-12 ounces washed and dried kale leaves, thick stems removed  
1 cup grated parmesan  
1 cup sliced almonds (optional)

## Directions:

1. Cook squash according to the first “Quick Tip” on the front page.
2. In a bowl, combine lemon juice, pepper, and salt. Slowly whisk in 1/2 cup olive oil. Add garlic and let dressing sit.
3. Cut kale into 1/4 inch ribbons. Place in a large bowl. Coat with 1/4 cup oil. Massage oil into kale. Set aside until ready to serve.
4. Toss kale with dressing. Top with cooked squash, parmesan and sliced almonds (if using).

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## Squash Muffins

Makes 12 muffins , Prep Time: 30 minutes

## Ingredients:

1 3/4 cups mashed acorn squash      1 package spice cake mix

## Directions:

1. Preheat oven to 350 degrees F.
2. Cook squash according to second tip on the front page. Mash cooked squash and combine with spiced cake mix.
3. Divide batter into greased muffin tins.
4. Bake for 20-25 minutes. Allow to cool for 5 minutes and enjoy!

## Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

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## How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables in the size of a baseball and a half of a cup is the size of a light bulb.

### Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

