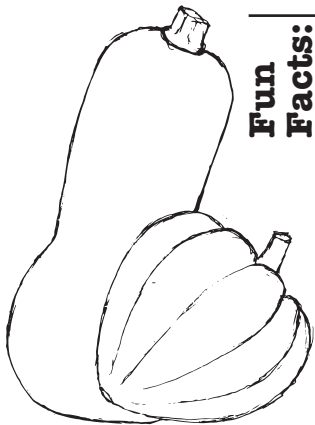


# Winter Squash

Produced by:



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CONNECTION



## Fun Facts:

- Although they come in a variety of sizes, colors, shapes, and textures, most winter squash is very similar on the inside and, therefore, is often interchangeable in recipes. Due to this, canned pumpkin is typically other squash, not pumpkin.

## Nutrition Information:

- A low-calorie food, winter squash is a great source of complex vegetable carbohydrates, dietary fiber, vitamins A and C, potassium, and manganese.
- It is also a good source of iron and beta-carotene with the latter being higher in darker skinned squash.

## Preparation:

- Rinse the winter squash with cold water and use a vegetable brush to remove any garden soil. How you prep the squash depends on how you're cooking it, just remember to remove the seeds and pulp.
- If breaking down a winter squash with a neck (like butternut), cut the top and bottom off, then cut neck off, peel the pieces separately, slice or cube the neck. Then cut the bulb into eighths/wedges, remove seeds with a knife or spoon, and cube.

**NOTE:** 1 pound trimmed squash equals about 1.5 cups cooked squash.

**Boil/Steam:** cut into 1.5- to 2-inch cubes/pieces and boil or steam for 15-20 minutes or until tender. You can peel the squash before or after cooking: peel with a knife or peeler before, or let cool and pull rind from the flesh piece by piece. Sprinkle with some salt and pepper, mash and serve with butter, or puree and use for a “pumpkin” pie filling (acorn or butternut).

**Bake:** don't peel, cut in half from top to bottom or cut the top/neck off, scoop out seeds, brush with oil or butter, place face-down on a rimmed baking sheet, pour about 1/2 inch of water into the baking sheet, and bake at 350°F for 1-1.5 hours until the squash is fork tender. Quarters or wedges (especially of acorn squash) can be baked face-up with melted butter and brown sugar, just watch them as they will cook faster.

**Roast:** peel and cube squash, roast at 400°F for 40 minutes, and add to hash; puree and make a soup; or roast with root vegetables as a side or alongside roasting meats.

## Storage:

- Winter squash will store at room temperature for at least a month. Store for several months in a dry and cool (50-55°F) but not cold location. Bruised or damaged squash will deteriorate quickly.
- For long-term storage, winter squash can be broken down (rind and seeds removed) and frozen raw, cooked and frozen in pieces, or as a puree in air-tight containers.