

# ACORN SQUASH

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

## CHARACTERISTICS

- Acorn squash is a type of vegetable with a hard exterior and flesh and seeds inside. It has a sweet, nutty flavor.
- Acorn squash is a type of winter squash. Other types of winter squash include butternut, kabocha, delicata, and spaghetti squash. All except spaghetti squash can be interchanged in recipes.
- Avoid choosing squash with cracks, cuts, or soft spots. Try to select acorn squash that still have their stem.
- 1 cup of raw, cubed acorn squash contains:
  - 18% of your recommended daily value of vitamin A to support eyesight, protect the body against infections, and keep your organs healthy
  - 37% of your recommended daily value of vitamin C to help immune system work properly and to help wounds heal



## PREPARE

To prepare acorn squash for cooking:

1. Cut off the top and bottom ends.
2. Stand up squash on one of the cut ends, and slice in half from top to bottom.
3. Scoop out the seeds with a metal spoon.
4. If desired, remove the peel using a vegetable peeler. Cut as directed in the recipe.

Try acorn squash:

- *Roasted* with olive oil and salt
- *Raw* as part of a fresh fall salad
- *Blended* with garlic, herbs, and water or stock as part of a soup
- *Mashed* and mixed into pancakes, muffins, or smoothies for a nutritious breakfast

## STORE

- Store whole squash in a cool, dark place for up to 1 month.
- To refrigerate: Store cooked squash in an airtight container for 3-5 days.
- To freeze: Peel squash, remove seeds, cut into pieces, and freeze in freezer safe bags or containers for up to 1 year. Cooked squash can also be frozen for up to 1 year.