CHARACTERISTICS

- Butternut squash is a type of winter squash (like acorn, spaghetti, and kabocha) and is related to pumpkins. They taste sweet and nutty, similar to a pumpkin.
- Select squash that are heavy for their size and without blemishes.
- Most squash (with the exception of spaghetti squash) can be interchanged in recipes.
- 1 cup of cooked butternut squash contains:
  - 457% of your recommended daily value of vitamin A to keep eyes and skin healthy and to protect against infection
  - 52% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.

PREPARE

To peel:
1. Poke holes in the squash with a fork.
2. Cut off top and bottom ends.
3. Microwave squash for 4 minutes.
4. Cool for 1 minute, then peel with a vegetable peeler or knife.

Try butternut squash:
- Roasted in halves or in cubes
- Sliced thinly and baked into chips
- Blended into a soup
- Sautéed as part of a curry or stir-fry

STORE

- Whole squash can be stored in a cool, dark place for up to 1 month.
- Store cooked squash for 3-5 days in the refrigerator or mash and freeze for up to 1 year.
- To freeze: Peel squash, remove seeds and cut into pieces. You can roast before freezing or freeze raw to cook later.