

BUTTERNUT SQUASH

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GREATER
CHICAGO
- FOOD -
DEPOSITORY.

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.