

What to do with...

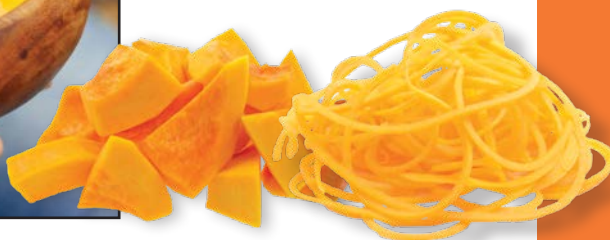
Butternut Squash



- Store at room temp for up to 3 weeks
- Known in other countries as butternut pumpkin
- Has a sweet, nutty flavor
- Serve alongside rice or pasta or in place of other veggies
 - Use for soup
 - Add to pasta sauce
- Steps to prepare butternut squash:
 1. Wash the squash
 2. Cut off the ends
 3. Peel the squash*
 4. Cut the squash in half lengthwise
 5. Remove the seeds, then do one of the following:
 - Boil and puree
 - Chop, then sauté; steam; or roast
 - Spiralize and sauté or boil

General nutrition information:

- Our bodies need water - butternut squash is about 87% water.
- Full of vitamin A - good for eye health and fighting germs.
- Good source of fiber.



**You can also leave the skin on and remove the seeds, then roast halves at 400° for 50-60 minutes.*



Recipes

Butternut Squash

Nutrition information for 1 cup raw:

Vitamin A > 100% DV
 Vitamin C ~ 40% DV
 Magnesium ~ 15% DV
 Potassium ~ 18% DV
 Calcium ~ 5% DV
 Fiber ~ 10% DV

Creamy Butternut Squash

Ingredients:

- 1 tablespoon olive oil
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 butternut squash, halved lengthwise and seeds removed
- ¾ cup plain Greek yogurt
- ½ cup reduced fat grated Parmesan cheese, divided

Instructions:

- Heat oven to 425°F.
- Rub olive oil, pepper, and salt evenly over both butternut squash halves. Place halves cut side up in a baking dish large enough to hold both halves.
- Bake squash for 35-45 minutes, or until fork tender. Remove squash from the oven and let it cool slightly, until you can handle it safely.
- Using a spoon, carefully (trying not to break the outer shell) scoop out most of the flesh from the squash into a bowl. Add yogurt and ¼ cup Parmesan cheese to the bowl. Mash and mix thoroughly to combine everything together.
- Spoon the squash mixture back into the shell, and sprinkle the tops with remaining Parmesan cheese.

NOTE: For a crunchier texture, broil for a couple of minutes until golden brown. Serve warm.

(Recipe adapted from @cleanfoodcrush, as listed at: <https://www.instagram.com/p/B5lvIDEJKNC/>.)



Nutrition Facts

4 servings per container	
Serving size	1 serving (164.66g)
Amount per serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 370mg	16%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0.1mcg	0%
Calcium 250mg	20%
Iron 0.9mg	5%
Potassium 450mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Butternut Squash & Apple Soup

Ingredients:

- 1 onion, chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 2 tablespoons olive oil
- 4 cups water
- 1 butternut squash, peeled, seeded, and chopped
- 1 tart apple, peeled, cored, and chopped
- 3 tablespoons low-sodium bouillon
- ⅛ teaspoon cayenne pepper
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon salt

Instructions:

- In a stockpot, add the onion, celery, carrot, and oil. Sauté for about 5 minutes or until the vegetables are tender.
- Add water, squash, apple, and bouillon to the pot. Bring to a boil. Reduce heat to low, then cover, and simmer. Continue cooking for 30 minutes or until the squash and carrots are soft.
- Carefully transfer soup to a food processor or blender and puree. NOTE: If an immersion blender is available, the soup does not need to be transferred.
- Add seasonings. Serve warm.



Nutrition Facts

4 servings per container	
Serving size	1 serving (510.07g)
Amount per serving	
Calories	190
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 31g	11%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes g Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 111mg	8%
Iron 1mg	5%
Potassium 775mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(Recipe adapted from: <https://www.wellplated.com>.)



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