



Give Them More
of the
Good Stuff!

Winter Squash Basics

Shop and Save

- Choose squash that are firm and heavy for their size. Avoid squash with soft spots or broken skin.
- Winter squash is often available year round but may cost less and taste better in fall and winter. Find Oregon-grown winter squash at local markets August through November.
- Canned and frozen winter squash are available year round. They may be a good buy when you need a small amount or want to save cooking time.

Winter squash is an excellent source of vitamin A and also provides many minerals.



Store Well Waste Less

- Store whole squash in a dark, dry and cool place (50 to 55 degrees F).
- Rinse squash under running water before peeling or cutting.
- Wrap cut squash and refrigerate for up to 1 week.
- Freeze cooked squash for longer storage. Pack recipe-sized amounts in airtight containers and use within 8 to 12 months.

Some Types of Winter Squash

Most types can be used in any recipe calling for winter squash.



Butternut



Pumpkin



Kabocha



Spaghetti



Hubbard



Acorn



Delicata



Keep Seeds for Roasting

Toss 1 cup dry seeds with 2 teaspoons vegetable oil and seasonings of your choice.

Microwave on HIGH for 6 to 8 minutes, stirring every 2 minutes, until golden.

Or **Bake** at 350 degrees F for 15 to 25 minutes, stirring several times, until golden.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Winter Squash

Cook Winter Squash

Most winter squash have tough, hard skins. It is easier to cook them with the skin on.

1 Wash the skin and carefully cut squash in half lengthwise or in 1-inch rings. If squash is too tough to cut, microwave or bake for a few minutes until squash is warm to the touch and soft enough to cut.

2 Remove seeds and stringy fibers with a spoon. Save seeds for roasting; cover them and refrigerate for up to 1 day.

3 Cook squash. Squash is done when it can be easily pierced by a fork.

Microwave (shortest cooking time). Place squash cut side down on a microwave-safe dish with 1 to 2 tablespoons water. Cook on HIGH, checking for doneness every few minutes. Cooking time depends on amount of squash and power of the microwave.

Bake at 350 to 425 degrees F. Line a baking dish with foil for easier clean up. For a “roasted” flavor, rub squash with a little vegetable oil and cook uncovered. For a “steamed” texture, add ½ cup water to the pan and cover with foil. Check for doneness after about 45 minutes. Larger squash may take longer to cook.

4 Season cooked squash as you please:

- Sweet: try cinnamon, nutmeg, allspice or ginger
- Savory: try garlic powder, onion powder, chili powder, oregano or parsley

5 Refrigerate or freeze leftovers.

Top Spaghetti Squash

Try pasta sauce, parmesan cheese, sauteed vegetables or chili.



Kids Can!

Kids can help roast squash seeds.

They can:

- rinse seeds in a colander under warm water.
- separate seeds from stringy fibers.
- find roasting directions on front page.

Butternut Squash and Chile Pan-Fry

Ingredients:

- 1 medium **butternut squash**, about 1½ to 2 pounds
- 1½ Tablespoons **vegetable oil**
- 1 cup chopped **onion**
- 1 teaspoon **salt**
- ½ teaspoon **chili powder**
- 1 can (8 ounces) **diced green chiles**
- 1 cup grated **cheese** (try Monterey jack)

Directions:

1. Peel squash, cut in half and remove seeds. Cut the squash into ½ inch cubes.
2. Heat oil in a large skillet over medium heat (300 degrees F in an electric skillet). Add onions and stir for about 3 minutes. Stir in squash, salt and chili powder.
3. Cover and cook, stirring every few minutes, for 10 to 12 minutes. Stir in chiles and cook about 3 minutes.
4. Sprinkle with cheese and cover until it melts, about 2 minutes. Serve hot.
5. Refrigerate leftovers within 2 hours.

Makes 7 cups

Prep time: 30 minutes

Cooking time: 30 minutes

Go to FoodHero.org for easy, tasty squash recipes

