Butternut Squash

Storage Tips:
Store whole in a cool & dark place at room temperature.
If only using half, wrap the other half in plastic wrap and store in the refrigerator.

Don’t have a peeler?
Butternut squash can be roasted or microwaved in its skin.
Use the directions below.
After cooking, scoop out the flesh or peel the skin away using a knife.

Preparation Tips:
- Cut off the top and the bottom off the squash.
- Peel the squash. Use a vegetable peeler to remove the skin and reveal the orange flesh.
- Cut the squash. Lay the squash on its side and cut to separate the hallow “ball” at the bottom from the solid “tube” at the top. Cut each half in half again from top to bottom to make quarters. The “ball” contains the seeds.
- De-seed the squash. Scoop out the seeds with a spoon and discard.
- Cube the squash. Lay the squash quarters on the cutting board flat-side down. Cut into slices, then cubes of desired size.

Ways to cook butternut squash:
- **Roast it (in cubes).** Preheat the oven to 400°F. Toss 1 butternut squash that has been peeled, seeded and cut into 1-inch cubes with 2 Tablespoons of oil. Place cubes in a single layer on a baking sheet. Roast, turning once halfway through, until the squash is tender and lightly browned—about 30-40 minutes. Season with salt & pepper. For extra flavor, toss the squash with 2 cloves of minced garlic OR 2 Tablespoons of brown sugar before roasting.

  - **Roast it (in halves, skin on).** Preheat the oven to 400°F. Remove the top and bottom from the squash. Cut in half, lengthwise. Remove the seeds with a spoon. Rub the inside of each half with 1 teaspoon of oil or butter. Place the squash halves on a baking sheet flesh-side up. Bake for 35-45 minutes or until flesh is tender when poked with a fork. Season with salt and pepper. Scoop out the insides and serve! For a sweet variation, coat the squash with a tablespoon of maple syrup before roasting.

- **Microwave it.** To microwave whole, pierce the skin all over with a fork or knife to allow steam to escape. Microwave on high for 10 minutes (may take longer for larger squash). To microwave in halves, place them open-side down in a shallow dish. Microwave for 5-8 minutes or until tender. Let cool before handling. Scoop out the flesh and season to taste.

See more recipes on the back
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For more info call 866-586-2796 or visit www.DoubleUpFoodBucks.org

*Recipe from Share Our Strength's Cooking Matters™

Make it a meal!

RECIPEs

Maple Roasted Butternut Squash*

Ingredients:
1 butternut squash
2 tablespoons oil
1 teaspoon dried sage OR cinnamon (optional)
1/4 teaspoon each salt & pepper
1 1/2 Tablespoons maple syrup

1 Tablespoon butter or oil
1/4 cup chopped walnuts or pecans (optional)
1/4 cup dried cranberries or raisins

Directions:
1. Preheat oven to 375°F. Peel squash, cut into quarters and scoop out seeds. Cut into 3/4-inch cubes.
2. In a bowl, toss squash with oil, sage or cinnamon, salt and pepper.
3. Spread squash evenly on a baking sheet. Roast, turning half-way through, until tender, about 35 minutes.
4. In a skillet oven medium heat, melt butter or heat oil. Add walnuts or pecans and cook, stirring frequently, until fragrant. Remove from heat. Stir in cranberries or raisins and maple syrup.
5. Gently toss cooked squash with maple syrup mixture. Serve warm.

Butternut Squash Soup

Ingredients:
1 tablespoon oil
1 onion, chopped
2 cloves garlic, minced (or ½ tsp garlic powder)
1 large butternut squash (about 4 chopped cups)
3 cups chicken stock, vegetable broth or water

⅛ teaspoon black pepper
½ teaspoon ground cinnamon (optional)
1 teaspoon curry powder (optional)
1 teaspoon fresh grated ginger (optional)
Salt to taste

Directions:
1. Peel squash, cut into quarters and scoop out seeds. Cut into very small cubes.
2. In a large pot, heat oil over medium-low heat. Add onion and cook, stirring occasionally, for 5-7 minutes, until onion is soft and slightly browned. Add garlic and cook for 1 minutes longer, stirring frequently.
3. Add the stock/broth/water, and seasonings; bring to a boil. Reduce heat to low and simmer for 30 minutes.
4. Transfer the soup into a blender; open the latch in the top of the blender to let steam escape. Cover this opening with a towel and blend until smooth. For a chunkier soup, skip this step. Serve warm.

Garlic Mashed Butternut Squash

Ingredients:
1 large butternut squash
2-4 Tablespoons low-fat or nonfat milk
2 Tablespoons of butter or oil

1/2 teaspoon of salt
1/2 teaspoon black pepper
1 teaspoon garlic powder (optional)

Directions:
1. Microwave squash whole by piercing the skin all over with a fork or knife to allow steam to escape. Microwave on high for 10 minutes (may take longer for larger squash). Let cool before handling. Cut in half and scoop out the flesh and place in a large bowl. Mash with a fork.
2. Add the milk, butter/oil, salt, pepper and garlic powder. Serve warm.