



# HEALTHY WAYS BUTTERNUT SQUASH



## Tips!

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- For the best buy, choose butternut squash or acorn squash that are heavy and have smooth skin.
- To keep fresh, store in a cool, dry place for up to 3 months.
- Squash contains potassium, which is great for a healthy heart!

### To Prepare Squash

- **Method 1:** Rinse and cut squash in half or quarters. Use a spoon to scoop out the seeds and then peel the squash. You can choose to cut into cubes if desired.
- **Method 2:** Rinse and cut squash in half or quarters. Use a spoon to scoop out the seeds. Place squash skin side up on a microwave safe plate and microwave for 10-15 minutes. This will soften the insides and make it easy to scoop out of the skin. Be careful: it will be VERY hot, so it is recommended to wait 5-10 minutes after microwaving to let it cool down. This method is good if you are using the squash as a soft, mixture. Not super effective for cubing.
- **Method 3:** Cut squash in half from top to bottom. Put in oven at 400F for 40 minutes. Optional: soften in microwave for 5 minutes before placing in oven for 30 minutes.

### Quick Tips

- Serve squash as a hearty side dish.
- Add squash to a soup or casserole.

# RECIPES

## Squash Enchiladas

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### Ingredients:

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| 1 butternut squash  | 6 oz cheddar cheese                         |
| 1/2 onion, chopped and sauteed                              | 8 whole wheat tortillas (or corn tortillas) |
| Chunky salsa to taste                                       | Cooking spray                               |
| Hint of salt, pepper, cumin, chili powder, and onion powder |   |

### Directions:

1. Preheat oven to 400F. Spray baking pan with cooking spray and set aside.
2. Rinse the outside of the squash. Cut squash in half with a large knife. Scrape seeds out with a spoon and rinse them with water. Dry and save seeds to roast later if desired. Cut each half in half. Place squash halves cut side down (skin side up) in a microwave safe bowl. Microwave squash on high for 8-10 minutes or until soft. Set aside to let it cool for 10 minutes.
3. Remove squash from skin with a spoon. Mash squash, add onions and spices together in a bowl.
4. Place 1-2 tbsp of mixture on each tortilla.
5. Roll the tortilla and place into pan. Cover with salsa and cheese. Cover with aluminum foil and bake for 8 minutes.
6. Uncover and bake for another 2 minutes. Remove and let chill, serve warm.

## Squash with an Apple Juice Glaze

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### Ingredients:

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|--------------------------------|---------------------------|
| 1 butternut squash             | 1 tsp cinnamon (optional) |
| 3 tbsp canola or vegetable oil | 1/4 tsp nutmeg (optional) |
| 1 1/2 cups apple juice         | Salt and pepper to taste  |
| 2 tbsp pancake syrup           | 1 cup water               |

### Directions:

1. Cut squash into quarters. Scoop out the seeds. Peel and cut into small cubes.
2. In a large frying pan or pot, add oil over medium heat.
3. Add squash, apple juice, syrup, cinnamon, nutmeg, and 1 cup of water to the pan.
4. Cover and bring to a boil over medium heat. Cook for 15 minutes.
5. Uncover and cook another 10 minutes or until the squash is tender and the liquid has formed a glaze.
6. Add salt and pepper to taste.



# MAKE IT A MEAL: RECIPES



## Roasted Butternut Squash

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### Ingredients:

1 butternut squash, cubed	1 tsp salt
3 apples, cubed	1/2 tsp cinnamon
1 (12oz) bag cranberries	1/4 tsp nutmeg
3 tbsp oil	1 tbsp brown sugar

### Directions:

1. Preheat oven to 375 degrees.
2. Mix cubed butternut squash with 2 tbsp oil, 3/4 tsp salt, 1/4 tsp cinnamon and 1/8 tsp nutmeg.
3. Place cubed squash evenly on a baking sheet and cook for 20-22 minutes.
4. Mix cubed apples and cranberries in a bowl.
5. Mix cubed apple mixture with 1 tbsp oil, 1/4 tsp salt, 1/4 tsp cinnamon, 1 tbsp brown sugar and 1/8 tsp nutmeg.
6. Add apple mixture to butternut squash and continue cooking for an additional 35 minutes or until squash and apples are tender.

## Squash Sautee

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### Ingredients:

1 butternut squash	1 onion, chopped
2 tbsp canola or vegetable oil	Salt and pepper to taste

### Directions:

1. Cut squash into quarters. Scoop out the seeds. Peel and cut into small cubes.
2. In a large frying pan, add oil over medium heat.
3. Add the onions to the frying pan. Cook 2 minutes, stirring often.
4. Add squash to the frying pan. Cover and cook until the squash is tender, about 20 minutes.
5. Add salt and pepper to taste.

## Butternut Squash with Collard Greens

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### Ingredients:

2 tbsp vegetable or canola oil	3 cups chopped collard greens
1 onion, chopped	1/4 tsp salt
1 bell pepper, chopped	Black pepper to taste
3 cups peeled, deseeded and cubed butternut squash	

### Directions:

1. Heat the oil in a large pot over medium-high heat. Stir in onion, bell pepper and cook until soft.
2. Add squash and cook covered for 5 minutes.
3. Add 1/2 cup of water, collard greens, salt and pepper. Cook until vegetables are soft, about 8-10 minutes.
4. Serve immediately. Refrigerate leftovers.

## Squash and Orzo

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### Ingredients:

1 butternut squash	3/4 cup orzo pasta
2 tsp syrup	1 tbsp butter
1/4 tsp red pepper flakes	1/2 tsp salt
Pinch of cayenne pepper	Pinch ground pepper
1 tbsp fresh rosemary (or 1 tsp dried rosemary) -optional	1 cup parmesan cheese (optional)

### Directions:

1. Preheat oven to 375F.
2. Rinse and cut squash in half. Remove seeds. If using fresh rosemary, rinse and chop now.
3. Drizzle 1 tsp syrup over the cut side of each squash half. Sprinkle each with red pepper flakes and cayenne (add more or less depending on your heat preference. Add rosemary if using.
4. Cover baking sheet with aluminum foil. Place squash halves on the baking sheet. Roast until squash is tender and pierces easily with fork, about 30-35 minutes. Remove from oven and keep squash covered with foil.
5. Cook pasta according to package directions. Drain in a colander. Transfer to a medium bowl. Add butter, salt, and pepper. Stir to coat well.
6. Cut each squash half into thirds. Remove skin from squash. Serve one piece of squash over each portion of pasta.
7. If using grated parmesan cheese, sprinkle over squash and orzo.