

WHAT'S FRESH

Butternut Squash

Butternut squash is a winter squash and a cousin of the pumpkin. This bright orange heart healthy, starchy vegetable is packed with beta-carotene and a good source of fiber. Use this guide to prepare any winter squash with smooth, thin and tough skin.

Quick Tips:

- Choose squash that is heavy for its size and very firm.
- Store uncut squash in a cool dry place for up to 3 months.
- Tightly wrap cut squash with plastic wrap and keep in the refrigerator for up to 3 days.

How to prep butternut squash:

Rinse under running water and rub off any dirt. If the squash is too hard to cut, poke holes in the skin around the outside and microwave for 5 minutes to soften. For roasting halves, use step 1. For cubes, use step 2-6.



1. To Roast halves

Cut off the stem end. Slice the whole squash in half long ways. Scoop out the seeds and strings.



2. Cut in half

Slice off the top and bottom ends. Cut the squash in half in the middle just before it starts to get wider.



3. Peel

Stand the halved squash on a flat end. Use a vegetable peeler or a knife to peel off the skin, top to bottom and deep enough to see the dark flesh. Repeat.



4. Half & Scoop

Slice the wider piece in half from top to bottom. Scoop out the strings and seeds with a spoon.



5. Cut into wedges

Bottom pieces: slice into 1 inch slices.

Top piece: Slice into 1 inch slabs. Stack up the slabs and slice into 1 inch wedges.



6. Dice (cube)

Line the wedges up even with each other and cut into 1 inch cubes.

Ways to eat Butternut Squash:

Add cubes for a chunky texture or puree to thicken your favorite soup or chili & add an extra vegetable. Try adding puree to your mac n' cheese sauce!

Roast halves: Cut squash in half and scoop seeds. Drizzle each half with oil, season with salt & pepper and rub over the whole squash. Place the cut side down on a baking sheet and roast for 1 hour at 400°F. Smaller squash will cook faster. Start checking if it is done at 40 minutes. It is done when the flesh is tender and skin is easy to pierce.

Make "mashed potatoes": Scoop cooked squash from the skin of roasted halves or drain boiled squash cubes from water and mash like potatoes. Add 2 Tablespoons of butter. Add your choice of seasonings (see back) and mix until smooth.

Roast cubes or wedges: Preheat the oven to 400°F. Toss squash cubes or wedges in 2 Tablespoons of oil, and your choice of seasonings (see back). Spread on a baking sheet in a single layer. Roast for 15 minutes. Turn or stir; roast for 10-15 more minutes or until brown and crispy.

Make a creamy soup: Add a little oil to a pot over medium high heat. Saute onions, carrots and celery for 5 minutes. Add squash cubes, enough broth or water to cover the vegetables and your choice of spices (see back). Simmer until squash is soft. Puree with a hand blender or move to a blender and puree to make a smooth creamy soup without cream.



Butternut Squash, Chickpeas & Greens Soup

SERVES
6

DIRECTIONS:

1. Add oil to a large pot and heat over medium high heat.
2. When hot, add the onion and saute for about 5 minutes.
3. Add the spices and stir for 1 minute.
4. Add broth and/or water, chickpeas and squash cubes.
5. Simmer for 10-15 minutes, until squash is tender.
6. Stir in the spinach and cook until wilted (2-3 minutes).

Try these seasoning combinations in a soup, mash or on roasted squash!

Savory seasoning ideas:

Garlic powder & onion powder
Chili or curry powder & cumin
Turmeric & coriander
Garlic powder & sage

Sweet seasoning ideas:

Cinnamon & sugar
Maple syrup & nutmeg
Maple syrup & hot sauce

Ingredients

Butternut Squash - 1 medium, cubed

Onion - 1 medium, diced

Greens - 3 cups, drained well [fresh, frozen, or canned]

Oil - 2 tablespoons [olive or vegetable oil]

Chickpeas - 2 [15 oz.] cans [drained & rinsed]

Ground Cumin - 1 tablespoon

Turmeric - 1 teaspoon

Cinnamon - 1/2 teaspoon

Salt* - 1/2 teaspoon [see tips]

Broth* - 8 cups

Tips

*Use low sodium beef, chicken or vegetable stock. If you use a full salt stock, use 4 cups of stock and 4 cups of water and do not add more salt. If you do not have stock, you can use 8 cups of water and double the seasonings.

- Easily add ground meat or simmer with whole chicken or turkey breasts. Remove meat when the soup is cooked. Chop or shred the meat and add back to serve.

- Make a half recipe and save some squash cubes for another dish to have variety.