



recipes and nutrition



WINTER SQUASH TIPS AND TRICKS

HOW TO SELECT A RIPE BUTTERNUT SQUASH:

When selecting a winter squash, you want to look for a squash that has:

No green patches: look for a squash that is uniformly beige, free of cuts and blemishes matte: the skin should be more matte (versus shiny)

Heavy for its size: choose the squash that feels like it weighs the most for its size.

Sounds hollow: if you give the squash a tap, it should sound hollow inside

HOW TO SOFTEN BUTTERNUT SQUASH SKIN:

The skin on butternut squash is notoriously tough and difficult to peel. If you would like to soften the skin a bit before peeling your butternut squash, just use a fork or paring knife to poke holes all over the skin of the squash. Then pop it in the microwave for 2 minutes, remove, and proceed with peeling the squash.

HOW TO PEEL BUTTERNUT SQUASH:

Use a sharp vegetable peeler to peel butternut squash. Start at one end and peel like you would a carrot or potato.

HOW TO COOK BUTTERNUT SQUASH:

There are lots of great options for how to cook butternut squash, such as...

Roasted butternut squash: Roast it alone or with other winter veggies, see the recipe in this month's newsletter!

Baked butternut squash: You can also bake butternut squash, which simply means cooking it at lower heat for a bit longer. When making baked butternut squash — either halved, or chopped into cubes — I recommend cooking it at 350°F until the squash is tender. Cooking time will depend on the size of your butternut squash pieces.

Slow cooker butternut squash: Place the whole (uncut) squash in a large slow cooker. Slow cook on high for 3-4 hours, or on low for 6-8 hours, until the squash is tender and cooked through.

Sautéed butternut squash: Cut the squash into 1/2-inch cubes. Heat 2 tablespoons oil in a large sauté pan over medium heat. Add the squash and sauté for 10-15 minutes, stirring occasionally, until tender.

RECIPE

Roasted Winter Vegetables -Serves 8

Ingredients

1-2 carrots, peeled
1 parsnips, peeled
1 large sweet potato, peeled
1 small butternut squash, peeled and seeded
3 tablespoons olive oil
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
2 tablespoons chopped parsley (optional)

Directions

Preheat the oven to 425 degrees F.

Cut the carrots, parsnips, sweet potato, and butternut squash in 1 inch cubes.

All the vegetables will shrink while baking, so don't cut them too small.

Place all the cut vegetables in a single layer on 2 baking sheets.

Drizzle them with olive oil, salt, and pepper.

Toss well. Bake for 25 to 35 minutes, until all the vegetables are tender, turning once with a metal spatula.

Sprinkle with parsley, season to taste, and serve hot.

Nutrition Tip:

Butternut squash is low in calories but high in many nutrients, including vitamin A, vitamin C, magnesium, and potassium. It makes an excellent substitute for potatoes or other starchy side dishes.

Vitamin A is essential for regulating cell growth, eye health, bone health, and immune function.

Vitamin C — is a nutrient needed for immune function, wound healing, and tissue repair.

Magnesium, potassium both play important roles in bone health.