

# Winter Squash

Winter squash comes in all shapes, sizes and colors. Common varieties include pumpkin, acorn squash, butternut squash and spaghetti squash.



## HOW DO I MAKE A GOOD SELECTION?

Select squash that are firm and heavy for their size. Avoid squash with soft spots or cracks. The squash should have a thick skin.

## WHAT IS THE PROPER STORAGE?

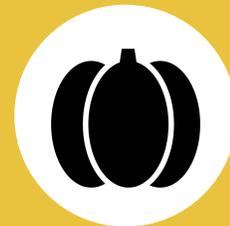
Store squash in a cool, dry place. Most squash can be stored for one month, some can be stored up to three months. Store cut squash in a covered container in the refrigerator.

## WHY SHOULD I EAT THIS?

Winter squash is a good source of Vitamin C, which helps heal wounds and cuts, and Vitamin A, which promotes eye health and cell growth. It also has potassium which helps regulate muscle contractions, and fiber which promotes regular bowel function.

## HOW COULD I USE THIS?

- Add winter squash to soups
- Use squash like pumpkin in baked goods like cookies and muffins
- Use spaghetti squash in place of pasta
- Purée squash and use as a sauce over pasta
- Stuff acorn squash with meat and a grain
- Roast squash in the oven
- Steam squash and serve as a side dish
- Add squash to a grain side dish
- Serve cooked squash on top of a salad
- Roast pumpkin seeds with seasonings



### DID YOU KNOW?

Pumpkins can come in different colors including orange, green, white, yellow and blue.

# WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b> 								X	X	X	X	
<b>MARKET</b> 								X	X	X	X	X

Sources: SNAP-Ed Connection and Nebraska Buy Fresh, Buy Local



Photo Credit: Brenna Schmader

## RECIPE:

# Acorn Squash, Cranberry, & Kale Salad

8 Servings

### Ingredients:

- 1 c. brown rice, uncooked
- 2 c. no salt added vegetable broth
- 1 acorn squash, cubed
- 2 Tbsp. vegetable oil
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. balsamic vinegar
- ¼ c. vegetable oil
- 1 Tbsp. maple syrup
- 1 tsp. mustard (Dijon or other)
- 4 c. kale leaves, chopped
- ½ c. dried cranberries
- ¼ c. pumpkin seeds
- ½ c. crumbled feta cheese (optional)

### Directions:

1. Wash hands with soap and water.
2. Wash and prepare vegetables. Scrub acorn squash with clean vegetable brush under running water and then cube. Gently rub kale leaves under cold running water and then chop.
3. Preheat the oven to 375 degrees F.
4. Cook rice in broth according to package directions.
5. Mix cubed squash with vegetable oil, salt and pepper. Place squash in a baking dish. Roast squash for 20 minutes or until fork tender.
6. Combine vinegar, vegetable oil, maple syrup and mustard in a small bowl until well combined.
7. Place kale in a large bowl and pour half the dressing over the top. Massage leaves for about 2-3 minutes until softened. Add cooked rice, squash, dried cranberries, pumpkin seeds and feta cheese if using. Mix until combined.
8. Pour desired amount of remaining dressing and mix.
9. Store leftovers in a sealed container in the refrigerator.

### Nutrition Info:

#### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 8g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 85mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 334mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.