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.

DID YOU KNOW?

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

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
WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

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<thead>
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<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
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Harvest Sources: SNAP-Ed Connection and Nebraska Buy Fresh, Buy Local

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
- ½ 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:

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<th>Nutrition Facts</th>
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<tr>
<td>8 servings per container</td>
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<tr>
<td>Serving size: 1 cup</td>
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<tr>
<td>Calories: 280</td>
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<tr>
<td>% Daily Value*</td>
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<tr>
<td>Total Fat: 15g</td>
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<tr>
<td>Saturated Fat: 3.6g</td>
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<tr>
<td>Trans Fat: 0g</td>
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<tr>
<td>Cholesterol: 10mg</td>
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<tr>
<td>Sodium: 210mg</td>
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<tr>
<td>Total Carbohydrate: 34g</td>
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<tr>
<td>Dietary Fiber: 2g</td>
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<tr>
<td>Total Sugars: 8g</td>
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<tr>
<td>Includes 5g Added Sugars</td>
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<tr>
<td>Protein: 5g</td>
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*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.