

# 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?

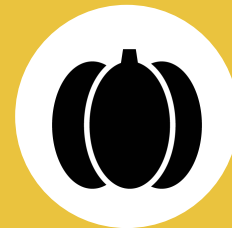
Store squash in a cool, dry place. Most squash can be stored for one month, some can be stored up to three months. Store cut squash in a covered container in the refrigerator.

## 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: Nebraska Extension Nutrition Education Program

## RECIPE:

### Pumpkin Pudding

6 Servings

#### Ingredients:

- 1 (4 to 6 lb.) baking pumpkin\* or 1 (15 oz.) can pumpkin
  - 2 c. low-fat milk
  - 1 (5.1 oz.) pkg. instant vanilla pudding mix, regular or sugar-free
  - 1 1/2 c. whipped topping
  - 1 tsp. ground cinnamon
- \*Store remaining puréed pumpkin in the fridge for up to 1 week or freeze for up to 3 months.

#### Directions:

1. Wash hands with soap and water.
2. Scrub fresh pumpkin with clean vegetable brush under running water.
3. Preheat the oven to 400 degrees F. Remove the stem, cut the pumpkin in half. Scoop out the seeds with a spoon. Lay the halves, flat side down on a lightly greased sheet pan. Bake until fork tender, about 30 to 45 minutes. Cool the pumpkin. Remove the flesh of the pumpkin from the skin. Use a food processor to purée the pumpkin. Reserve 2 c. for the recipe.
4. In a medium bowl, mix pudding and milk with an electric mixer for 1 to 2 minutes.
5. Add pumpkin to pudding mixture. Stir in whipped topping with whisk or spoon. Mix well.
6. Add cinnamon and mix well.
7. Chill until served.
8. Store leftovers in a sealed container in the refrigerator.

Recipe Credit: Nebraska Extension Nutrition Education Program

#### Nutrition Info:

#### Nutrition Facts

6 servings per container	
<b>Serving size</b>	1/2 cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 5g	6%
<b>Saturated Fat</b> 4.5g	23%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 390mg	17%
<b>Total Carbohydrate</b> 55g	20%
<b>Dietary Fiber</b> 2g	7%
<b>Total Sugars</b> 41g	
<b>Includes 4g Added Sugars</b>	<b>8%</b>
<b>Protein</b> 7g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 189mg	15%
<b>Iron</b> 3mg	15%
<b>Potassium</b> 1415mg	30%

\*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.