

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?

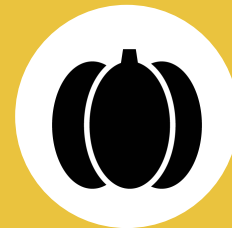
Store squash in a cool, dry place. Most squash can be stored for one month, some can be stored up to three months. Store cut squash in a covered container in the refrigerator.

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
HARVEST 								×	×	×	×	
MARKET 								×	×	×	×	×

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



Photo Credit: Nebraska Extension Nutrition Education Program

RECIPE:

Spaghetti Squash with Tomatoes and Basil

4 Servings

Ingredients:

- 1 spaghetti squash (about 1.5 lbs)
- 1 Tbsp. vegetable oil
- 3 Tbsp. Parmesan cheese, divided
- ¼ tsp. dried oregano
- 2 tsp. dried basil (or ½ c. fresh basil, chopped)
- 1 c. cherry tomatoes, thinly sliced
- Salt and pepper to taste

Directions:

1. Wash hands with soap and water.
2. Rinse produce and prepare as directed. Scrub squash with clean vegetable brush under running water. If using fresh basil, gently rub under cold running water. Gently rub tomatoes under cold running water.
3. Cut the squash in half. Place the 2 squash halves, cut side down, in glass baking dish.
4. Add about ¼ cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
5. In a large bowl, whisk oil, basil, oregano and 2 tablespoons Parmesan cheese. Stir in tomatoes and season lightly with salt and pepper to taste.
6. Let squash cool slightly before scraping squash out with a fork. Add squash strands to tomato mixture and toss until combined.
7. Sprinkle with remaining 1 Tablespoon Parmesan cheese.
8. Store leftovers in a sealed container in the refrigerator.

Recipe Credit: Nebraska Extension Nutrition Education Program

Nutrition Info:

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 115mg	5%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 88mg	6%
Iron 1mg	6%
Potassium 306mg	6%

*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.