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Enjoy Winter Squash

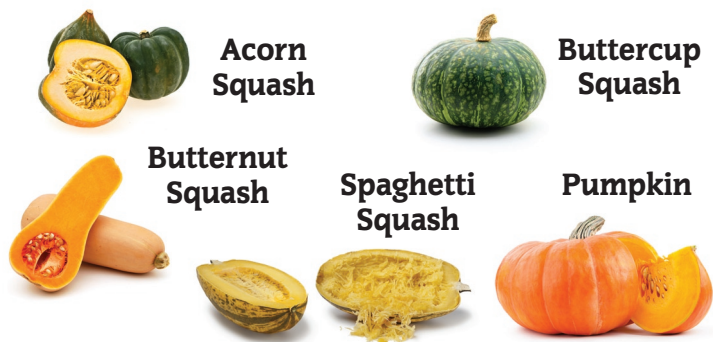
Try these easy ways to serve squash!

Mash the insides of a cooked squash. Top with a little butter, dried fruit and nuts.

Fill the inside of cooked acorn or butternut squash with canned cranberry sauce, cooked brown rice or cooked ground beef mixture.

Make “spaghetti” with spaghetti squash! Use a fork to separate the fleshy inside of a cooked spaghetti squash into “spaghetti” strands. Serve topped with tomato sauce and some grated cheese.

Common Types of Winter Squash



Kids Can...

- ❁ choose a winter squash at the market.
- ❁ help wash squash for Butternut Squash and Chile Pan-Fry (Recipe on back).

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Easy Ways to Cook Winter Squash

Bake:

1. Preheat oven from 350°F to 400°F.
2. Wash squash.
3. Cut in half or smaller sized pieces. Too hard to cut? Pierce the squash and microwave whole for 2 to 4 minutes for easier cutting.
4. Scrape out seeds.
5. Place halves cut-side down and smaller pieces cut-side up in baking dish.
6. Bake for 30-60 minutes or until tender. Smaller pieces take less time.



Microwave:

1. Follow steps 2-4 above.
2. Place pieces cut-side up in microwave-safe dish and cover with lid or paper towel.
3. Microwave for 5-12 minutes or until tender. Stop microwave and check for doneness often. Smaller pieces take less time.

Monthly Food Hero Checklist

- ☐ Let kids choose a winter squash at the market.
- ☐ Cook a winter squash.
- ☐ _____



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Butternut Squash and Chile Pan-Fry



Ingredients

- 1 medium **butternut squash**, about 1 1/2 to 2 pounds
- 1 pound fresh green **poblano chilies** (about 4 whole peppers), or 1 cup canned poblanos chopped
- 1 1/2 tablespoons **olive or vegetable oil**
- 1 medium **onion**, chopped
- 1 teaspoon **salt**
- 1/2 teaspoon **chili powder**
- 1 cup grated **cheese** (try monterey jack)

Serving Size: 2/3 cup
Prep time: 30 minutes



Directions

1. Peel squash, cut in half, and remove seeds. Cut the squash into 1/2 inch pieces.
2. Prepare fresh chilies by roasting the peppers either by placing them over a stovetop gas flame or by roasting under an oven broiler, turning them frequently until all sides are charred black, about 7-10 minutes. Remove the stems and seeds and chop.
3. Heat oil over medium heat. Add onions and cook, stirring for about 3 minutes. Add the squash, salt, and chili powder. Cover and cook, stir occasionally, about 10-12 minutes. Stir in chopped chilies and cook about 3 minutes.
4. Sprinkle with cheese and cover until cheese melts, about 2 minutes.
5. Serve hot. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 2/3 cup (111g)
Servings Per Container 10

Amount Per Serving
Calories 80 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 330mg **14%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 4g

Vitamin A 150% • Vitamin C 100%

Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more Recipes and Tips on eating well for less, visit www.foodhero.org

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