



Give Them More  
of the  
Good Stuff!

# Winter Squash Basics

Winter squash is an excellent source of vitamin A and also provides many minerals.

## Shop and Save

- Choose squash that are firm and heavy for their size with dull skin. Avoid squash with soft spots or broken skin.
- Winter squash is usually available year round but may cost less and taste better in fall and winter.
- Canned winter squash are available year round and might be the best buy if you only need a small amount. Some squash are also available frozen.



## store Well Waste Less

- Store whole squash in a cool, dark, dry place. If uncut, some varieties can last up to 3 months.
- Rinse squash under running water before peeling or cutting. Once cut, wrap tightly and store in refrigerator for up to 1 week.
- Freeze cooked squash to use later. Pack recipe-sized amounts in airtight containers and use within 1 year.

## Some Popular Types of Squash

Most types of winter squash can be used in any recipe or dish



Butternut



Pumpkin



Kabocha



Spaghetti



Hubbard



Acorn



Delicata



## Keep Seeds for Roasting

Microwave in a covered microwave-safe dish until seeds are crispy, stirring occasionally or Bake in the oven on a flat pan. Slow roast at 250 degrees F. or fast roast at 400 degrees F. Watch closely to avoid burning.



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# Enjoy Winter Squash

## Cook Winter Squash

Most winter squash have tough, hard skins. It is easier to cook them with the skin on.

**1** Wash the skin and cut squash in half lengthwise or in 1-inch rings. If squash is too tough to cut, microwave or bake for a few minutes until squash is warm to the touch and soft enough to cut.

**2** Remove seeds and stringy fibers with a spoon. Save seeds for roasting; cover and refrigerate for up to 1 day.

**3** Cook squash. Squash is done when it can be easily pierced by a fork.

**Microwave** (shortest cooking time). Place squash cut side down on a microwave-safe dish with 1 to 2 tablespoons water. Cook on HIGH, checking for doneness every few minutes. Cooking time depends on amount of squash and power of the microwave.

**Bake** at 350 to 425 degrees F. Line a baking dish with foil for easier clean up. For a “roasted” flavor, rub squash with a little vegetable oil and cook uncovered. For a “steamed” texture, add ½ cup water to the pan and cover with foil. Check for doneness after about 45 minutes. Larger squash may take longer to cook.

**4** Season cooked squash as you please:

- Sweet: try cinnamon, nutmeg, allspice or ginger
- Savory: try garlic powder, onion powder, chili powder, oregano or parsley

**5** Refrigerate or freeze leftovers.

## Top Spaghetti Squash

Try pasta sauce, parmesan cheese, sauteed vegetables or chili.

**Kids Can!**

### Kids Can Help Roast Squash Seeds:

- Rinse seeds in a colander under hot water.
- Separate seeds from stringy fibers.
- Find roasting directions on front page.

## Butternut Squash and Chile Pan-Fry

### Ingredients:

- 1 medium **butternut squash**, about 1½ to 2 pounds
- 1½ Tablespoons **vegetable oil**
- 1 cup chopped **onion**
- 1 teaspoon **salt**
- ½ teaspoon **chili powder**
- 1 can (8 ounces) **diced green chiles**
- 1 cup grated **cheese** (try Monterey jack)

### Directions:

1. Peel squash, cut in half and remove seeds. Cut the squash into ½ inch cubes.
2. Heat oil in a large skillet over medium heat (300 degrees F in an electric skillet). Add onions and stir for about 3 minutes. Stir in squash, salt and chili pepper.
3. Cover and cook, stirring occasionally, for 10 to 12 minutes. Stir in chiles and cook about 3 minutes.
4. Sprinkle with cheese and cover until it melts, about 2 minutes. Serve hot.
5. Refrigerate leftovers within 2 hours.

**Makes** 7 cups

**Prep time:** 30 minutes

**Cooking time:** 30 minutes

Go to [FoodHero.org](http://FoodHero.org) for easy, tasty squash recipes