

Cook with **Winter Squash**

Acorn squash



Butternut squash



Kabocha squash



¡Cocine con calabazas!



Versatile

Inexpensive

How do you cook with winter squash?



- Choose squash with a firm exterior and no soft spots or cracks.
- Unlike summer squash, winter squash have hard outside shells so they last a long time! Store uncut squash in a cool dry place.
- Clean under cold running water with a vegetable brush before cutting into your squash.
- Once you cut open the skin, remove seeds and refrigerate pieces until you cook. Chopped winter squash can even be frozen!

Roast, Bake, Steam, or Sauté Winter Squash!

Cubed squash is easy to steam, sauté, or add to soups. Puree into a delicious soup. Carefully remove skin. Cut into small pieces. Sauté with vegetables. Add a little sugar & cinnamon for the kids!

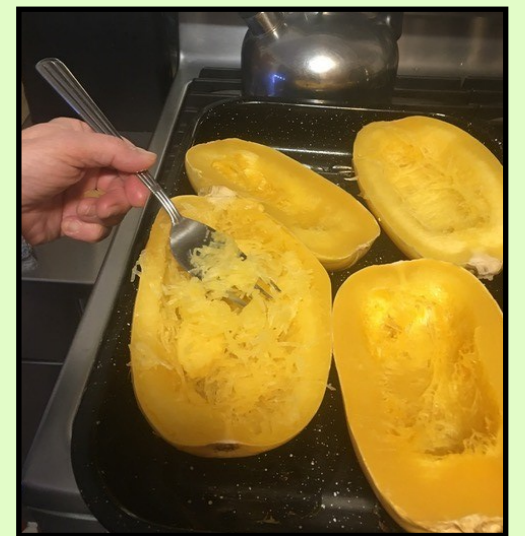
Cut into pieces and roast in the oven with your favorite seasonings.



Photo roasted squash: <https://www.loveandlemons.com/roasted-butternut-squash/>

Bake squash whole or cut into halves turned upside down at 350°F.

Cover large cut pieces so they steam through. Be creative! Stuff your squash with seasoned quinoa, chickpeas, and toasted walnuts or goat cheese.



What about spaghetti squash? Kids love eat this squash because it looks like spaghetti. Cut in half, remove seeds, and bake upside down on a roasting pan. When cooked, use a fork to pull the squash out of its shell just like spaghetti. Add a little butter and cheese or sauce for flavor.

Squash and Kale Sauté

Prepare greens! Trim stems and remove very thick stems. Wash greens and cut into thin shreds. **Peel and chop red or yellow onions.**

Heat oil in a large skillet over medium heat.

Add garlic and **onion** and cook until soft or about 1-2 minutes.

Stir in squash cubes and sauté 1 minute.

Add tomato and cover pan.

Cook until squash is tender (10 to 15 minutes).

Vegetables

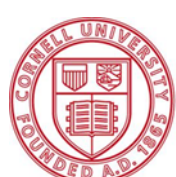
- ½ butternut squash, cubed
- ½ bunch kale washed, chopped
- 1 small onion, chopped
- 1 ½ cups diced fresh tomatoes
- 1 tablespoon vinegar or lemon juice

Seasonings

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- Try adding:**
- 1 jalapeño pepper diced or dried
- crushed red peppers
- ½ teaspoon of your

Make a good meal even more nutritious with winter squash!

- The deep orange and yellow color of winter squash means it has vitamin A and C. Vitamin A is good for skin and vitamin C boosts immunity.
- Winter squash is high in fiber and potassium, and rich in antioxidants!



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Check out our Farmers' Market Nutrition Program website for recipes and resources. Scan this QR code with your smartphone or visit this address:
<https://nyc.cce.cornell.edu/farmers-market-nutrition-education-program-fmnp/>



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