

Butternut and Acorn Squash

3 Prep and cooking tips

- The tough outer skin is not edible, but can be kept on the squash when roasting the squash whole.
- To roast, peel the outer skin and slice in half. Remove the seeds from the inside and chop the squash evenly into small bite size chunks. Roast at 400°F with brown sugar, nutmeg or cinnamon for 25 to 30 minutes, or until fork tender, for a sweet dish.
- Try mashing the squash or blending after roasting for a delicious soup base.

2 Shopping and storage

- Avoid picking squash that is bruised, wrinkled, or soft.
- Store cooked squash in an airtight container and place in the refrigerator for up to 5 days.

1 Nutrition Fact:

- Both types of squash are great sources of vitamin A, vitamin C, vitamin B6 and fiber. Vitamin A helps maintain good vision, while vitamin C keeps skin healthy and fights infection. Fiber helps you feel full longer, keeps normal blood sugar levels, can help aid in digestion, and prevent constipation.

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