

WINTER SQUASH

THE GOOD STARCH

Nutrition Facts:

Winter squash is a great source of vitamins A and C, dietary fiber and potassium.

- Anti-inflammatory nutrients such as omega-3s and beta-carotene
- Supports immune system
- Cancer-fighting anti-oxidants
- Anti-diabetic and insulin-regulating properties



Also known as gourds, winter squashes come in many varieties with different shapes, colors, sizes and flavors, but all share common characteristics: hard shells that are difficult to pierce, mildly sweet flesh, and seed-containing inner cavities. A few of the most popular varieties are butternut, acorn and spaghetti.

Winter squashes are available from August – March, but are best in October and November.

Fun Facts!

- Winter squash has been consumed for over 10,000 years and originated from Guatemala and Mexico.
- Native Americans buried winter squash along with the dead to provide them nourishment on their final journeys.
- Winter squash is a member of the Cucurbitaceae food family and is a relative of the melon, cucumber and summer squashes.



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HOW TO:

STORE: Keep whole winter squashes away from direct exposure to light and store in 50-60° F. They can be stored from 1 week to 6 months depending on the variety. Once cut cover in plastic wrap and store in refrigerator for up to two days. The flesh can also be frozen.

PREPARE: Use a large knife to split the squash in half. Scoop out the seeds and pulp. Best cooking methods include steaming, microwaving, roasting, and braising until the flesh is very tender. Flavor with any combination of jalapenos, fresh herbs, maple syrup, butter, olive oil, garlic, or curry powder.

Prepared by Volunteers of Hopelink
References:

1. http://www.whfoods.com/genpage.php?tname=food_spice&dbid=63
2. <http://www.foodnetwork.com/recipes/winter-squash-soup-recipe.print.html>
3. [How to Cook Everything](#) by Mark Bittman
4. Page 1 photo credit : Monado / Foter / CC BY
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How To Prepare WINTER SQUASH



Some winter squashes can be peeled and cut into cubes before cooking, but others are difficult to peel so it is better to roast with the skin on. Cut the squash in half and scrape out the pulp. Add seasoning on each half. Place on a baking sheet open side up, and bake at 400°F until tender, about 1 hour. Scoop out the flesh and serve.

The seeds make a great snack, just like pumpkin seeds. Separate them from the pulp and place in a single layer on a cookie sheet. Roast at 160-170°F for 15-20 minutes.

Winter Squash Soup

Ingredients:

- 4 Tbsp. butter
- 1 onion, chopped
- 1 medium tomato, cored, seeded and diced
- 2 garlic cloves, minced
- 2 jalapeno chiles, stemmed, seeded and chopped
- 1 ½ lbs. winter squash, peeled and cut into ½ inch cubes
- 3 cups stock or water
- 2 cups whole milk

1. Melt the butter in a large pot over moderate heat. Add onion and sauté until soft, about 5 minutes.
2. Add the tomato, garlic and jalapeno and cook 1-2 minutes longer.
3. Add the squash and stock and simmer, covered, for about 20 minutes or until the squash is falling apart and soup is thickened slightly.
4. Puree soup in a blender and return to pan.
5. Add the milk and heat gently. Season to taste with salt and pepper and serve.

Yield: 4 to 6 servings



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