

Butternut Squash



Butternut Squash is a type of winter squash that is a great source of Vitamins A & C. The skin and flesh are tougher than summer squash. It can be swapped with other winter squash varieties in recipes.

Used in:

Soups, side dishes, pastas, salads, or desserts

What do they taste like?

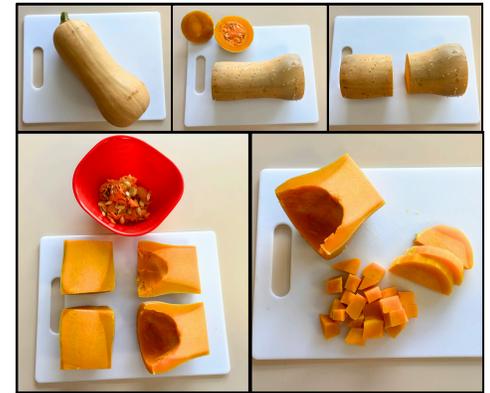
Butternut Squash has a subtle sweet and nutty flavor.

How do I store, save, and freeze them?

Before use, store in a cool, dry, and dark place. To save: wrap cooked squash and refrigerate for up to 1 week. To freeze: Pack cooked squash in freezer safe containers/bags, label with date, and use within 8 - 12 months.

How do I prepare them?

1. Rinse butternut squash under running water.
2. For easier cutting/peeling, carefully use a fork to poke holes before microwaving or baking for a few minutes to help soften.
3. Cut off the top and bottom ends. Cut squash in half to separate the thinner end from the rounder end. Place the round end with cut side facing up, then cut in half again from top to bottom.
4. Scoop out seeds using a spoon, just like you would for a pumpkin or cantaloupe. Peel off skin and cut according to recipe.



How do I cook them?

Microwave: Place squash with skin on, cut side down in microwave-safe dish with 1-2 tbs of water. Cook on high until tender, checking every few minutes. Time will vary. Serve in skin or scoop out flesh, season as desired.

Oven: For a “roasted” flavor, bake at 400°F, rub squash with a little vegetable oil, seasonings (optional) and cook uncovered. For a “steamed” texture, bake at 350°F with ½ cup water in pan and cover with foil. Check after about 45 minutes. Larger squash may take longer to cook.

Seasoning ideas: Sweet: try cinnamon, nutmeg, allspice, ginger, maple syrup, instead of water use apple juice or apple cider. Savory: try garlic powder, onion powder, chili powder, oregano or parsley.

For recipes and tips to save time, save money, and eat healthy, visit:
www.SNAPEdNY.org

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This guide has been adapted from the University of Rhode Island SNAP-Ed Program.

Recipes using Butternut Squash from SNAP-Ed NY:



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