SQUASH

ABOUT SQUASH

- Squash is an excellent source of vitamin A and contains many other vitamins and minerals like C, E, B6, niacin, thiamin, magnesium, and potassium.

- It is known for its ability to improve sight, strengthen the immune system, manage diabetes, reduce blood pressure, and much more.

- Squash can be prepared many different ways, including raw, mashed into patties for frying, pureed for soups, stir fried, steamed, and baked.

EXTENDING THE SHELF LIFE OF SQUASH

- Squash stores for the longest in a plastic bag in the fridge drawer.

- When squash starts to get soft and black marks appear, use it quickly (after cutting out damaged spots). Once it's mushy or has a thick white liquid on the skin, throw it away.

BAKED SQUASH

INGREDIENTS

- vegetable cooking spray
- 1 squash (recommended butternut or acorn squash)
- a pinch salt

- 2 tablespoons butter or margarine
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- ¼ teaspoon ginger

INSTRUCTIONS

1. Preheat the oven to 400 degrees.
2. Cover baking sheet with foil and coat foil with vegetable cooking spray.
3. Wash the squash.
4. Cut the squash in half lengthwise on the cutting board.
5. Scoop out the seeds and strings. Cut in ½-inch slices.

6. Place the squash on the baking sheet – cut side up.
7. Sprinkle with salt.
8. Melt butter/margarine. Add brown sugar, cinnamon and ginger.
9. Spread butter mixture on squash.
10. Bake 20 to 25 minutes or until tender.

Nutrition Facts

Amount Per Serving

Calories 114

% **Daily Value***

Total Fat 5.9g	
Saturated Fat 1.1g	
Polyunsaturated Fat 1.8g	
Monounsaturated Fat 3g	
Trans 1g	
Cholesterol 0mg	
Sodium 40.1mg	
Potassium 167.2mg	
Total Carbohydrates 17.7g	
Dietary Fiber 4.8g	
Sugars 7.7g	
Protein 0.7g	
Vitamin A	79.4%
Vitamin C	12.2%
Calcium	10.3%
Iron	5.6%

*Based on a 2,000 calorie diet

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