



Butternut Squash

Squash Unhealthy Eating, Add more Butternut!



Nutrition Tips to Increase Butternut Squash Consumption

- For an afternoon snack, steam butternut squash and cut into cubes.
- Serve butternut squash instead of mashed potatoes. Top the squash with a dash of cinnamon and sugar or maple syrup.
- Mix butternut squash puree in cheese sauce for macaroni and cheese.
- For a tasty dessert, try peanut butternut squash brownies.
- Place cubes of butternut squash into a vegetable soup.
- Top whole wheat pasta with pieces of roasted butternut squash.

Nutrition Food Activities for Children

- Allow your child to decorate the squash by painting a face on it.
- Help your child create a center piece out of the squash for the kitchen or dining room table.
- Allow your child to scoop out the butternut squash or squash seeds.
- Use dried squash seeds to make a necklace.
- Use slimy squash seeds to see if you can pinch them through your fingers and shoot them into a cup.
- Grab a handful of butternut squash seeds and have your child guess the number of seeds.

Butternut Squash Kabobs

(serves 8)

Ingredients:

2 lb butternut squash
Honey
Skewers

Directions:

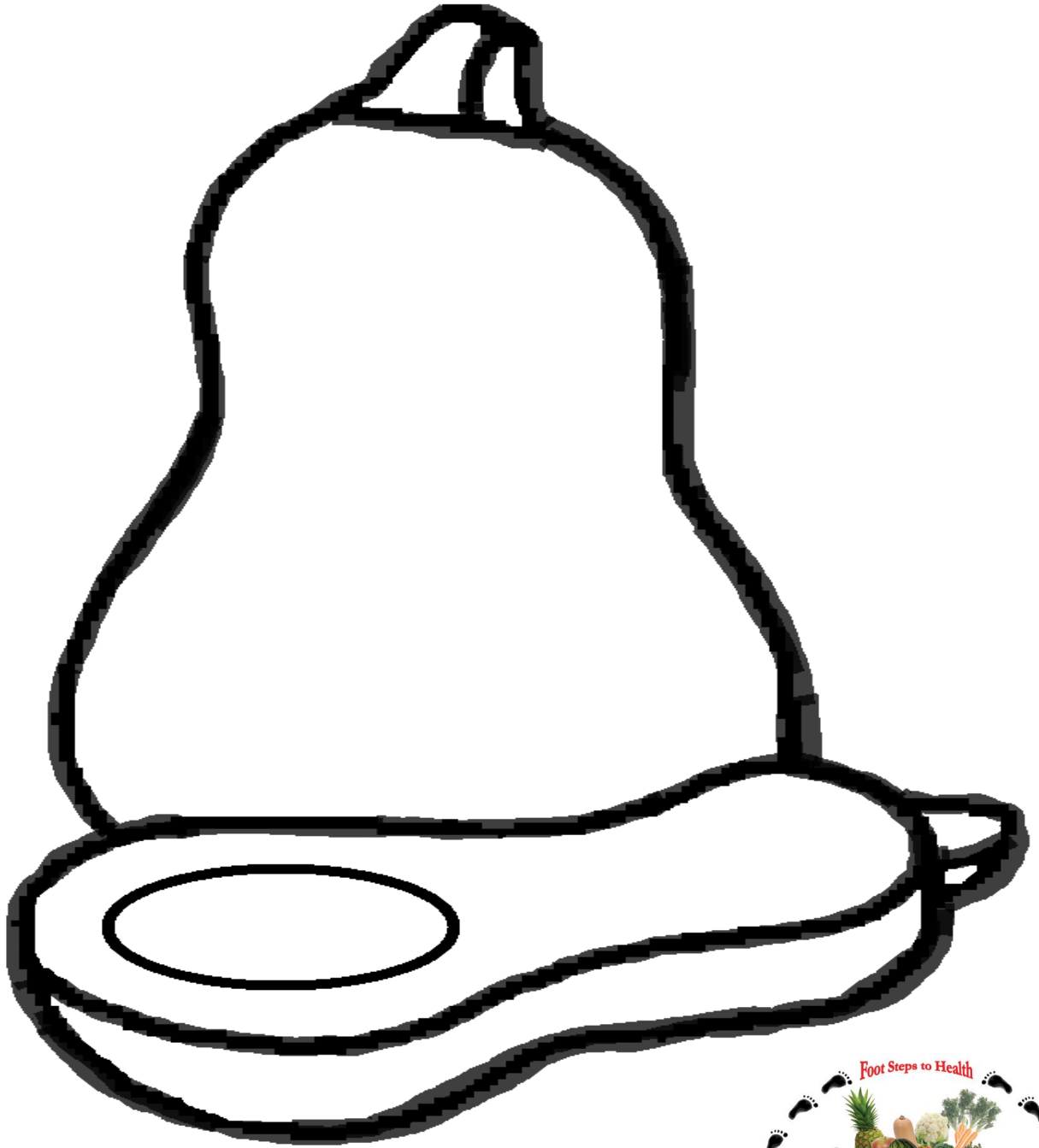
1. Cut the squash in half lengthwise and remove the seeds.
2. Peel butternut squash.
3. Cut butternut squash into 1" cubes.
4. Place the cubes into a large saucepan and cover with water.
5. Bring to a boil; reduce heat and simmer until tender, but not mushy.
6. Thread squash onto skewers.
7. Serve kabobs with a dish of honey on the side.



For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>

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Eat More Fruits and Vegetables!

