



Winter Squash



Wildly Delicious and Abundantly Nutritious

Nutrition Tips:

- One cup of winter squash has 50 calories.
- Winter squash is rich in beta-carotene, which is important for a healthy immune system.
- Winter squash is an excellent source of vitamin A, vitamin C and fiber.

How to Pick and Prepare:

- Pick winter squash with firm skin that is free of nicks, cracks, or soft areas.
- Select squash with an attached 1-2" stem.
- Store squash in a dark, cool place for up to 6 months.
- Store cooked squash a few days in the refrigerator or freeze up to 6 months.
- Winter Squash is versatile. It can be baked, microwaved, boiled and steamed.

How to Increase Consumption:

- Puree cooked squash to provide a creamy texture to soup.
- Add diced squash to casseroles and soups for color, taste and good nutrition.
- Puree squash and use in baking recipes such as breads, muffins or pancakes.
- Use spaghetti squash in place of pasta and top with tomato sauce.



This publication was supported by the CDC Cooperative Agreement number U58/DP001494. Its content are solely the responsibility of the authors and do not represent the officials views of the CDC.

Spaghetti Squash Recipes

Spaghetti Squash with Garlic Butter

Serves 8 (about 1/2 cup each)

Ingredients:

- 1 whole spaghetti squash
- 1 Tbsp. butter
- 3-4 cloves minced garlic
- 2 Tbsp. fresh chopped parsley
- 2 Tbsp. grated Parmesan cheese
- salt and pepper to taste

Directions:

Rinse the squash, cut in half and scoop out seeds. Place halves cut side down on a plate and microwave on high for 15 minutes or until tender. Remove the flesh with a fork separating strands slightly. In a sauté pan, cook the garlic and butter on medium heat for 2 minutes. Add the squash and toss gently. Add a sprinkle of salt and pepper and place on a serving platter. Top with parsley and parmesan and serve immediately.

Per serving: 50 calories, 1 g protein, 2 g fat, 8 g carbohydrate, 2 g fiber, 320 mg sodium. ****This recipe is a Foot Steps to Health recipe and is 500 Club approved.****

Greek-Style Salad with Spaghetti Squash

Yield: 8 servings (serving size: 1 cup)

Ingredients:

- 3 tablespoons red wine vinegar
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 garlic cloves, minced
- 3 cups cooked spaghetti squash
- 2 cups chopped tomato
- 1 cup diced cucumber
- 1/2 cup (2 ounces) crumbled feta cheese
- 1/4 cup diced green bell pepper
- 1/4 cup diced red onion
- 2 tablespoons chopped pitted kalamata olives
- 1 (15.5-ounce) can chickpeas (garbanzo beans), drained

Directions:

Combine first 6 ingredients in a bowl; stir well with a whisk. Combine squash and remaining ingredients in a large bowl. Add vinegar mixture; toss well. Cover and chill.

Calories 125, Fat 4.1g, Carbohydrate 18.2g, Sodium 261mg, Protein 5.3g.

Recipe from Cooking Light

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

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