



Brought to You by the Ohio Family Nutrition Program (FNP) and the Ohio Expanded Food and Nutrition Education Program (EFNEP)

Volume 3 Issue 2

NUTRITION AND YOU... Winter squash— Butternut, Acorn, and Spaghetti

FOOD FOR THOUGHT

Winter squash comes in many shapes, sizes, and varieties. Some of the most popular squashes are butternut, acorn, and spaghetti. Winter squash is different from summer squash because it is always eaten cooked and has a hard skin that is not edible. Winter squash makes a wonderful addition to many dishes because you can prepare it many different ways.

Note: *One cup cubed, cooked winter squash provides one cup of your daily vegetable requirement.*

SHOP SMART

Winter squash is usually available from August to March. Choose squash that has a smooth, dull-looking skin and is free of cracks or soft spots. Use mature winter squash for the best taste; it should have a deep color and be heavy for its size. Choose a winter squash with a round stem that is firm and dry, because a squash with no stem permits bacteria to enter.

EAT HEALTHY

Winter squash is:

- Low in fat and calories
- A good source of fiber
- A good source of potassium and vitamin A



KEEP IT SAFE

- Wash your hands for 20 seconds with warm water and soap before and after preparing food.
- Wash winter squash under cool, running water before cutting.
- Squash can be stored in a cool place, such as a basement or garage, for 3 months or longer.
- Storing uncut winter squash at temperatures below 50 degrees will cause it to spoil more rapidly. Prepared squash can be stored in the refrigerator for up to one week.
- Cooked, pureed squash can be frozen for later use.

Your Local story here in 12 pt Arial Narrow with 18 pt Arial Bold headline



Community Nutrition Programs
FAMILY AND CONSUMER SCIENCES

RECIPE

Butternut Squash with Black Beans

Ingredients:

- 1 small butternut squash
- 1 teaspoon vegetable oil
- 1 small onion
- 1/4 teaspoon garlic powder
- 1/4 cup red wine vinegar
- 1/4 cup water
- 2 cans (16 ounces each) rinsed and drained black beans
- 1/2 teaspoon oregano

Instructions:

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife, scrape out and discard seeds, and cut remaining squash into 1/2 inch cubes.
3. Peel and chop the onion.

4. In a large pan, heat the oil. Add the onion, garlic powder, and squash. Cook for 5 minutes on medium heat.
5. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
6. Add the beans and oregano. Cook until the beans are heated through.

Nutrition Facts – Butternut Squash with Black Beans

Cost: Per Recipe: \$ 3.50 Per Serving: \$ 0.58
Serving Size: 1/6 of Recipe (1 cup)
Calories: 120 Calories from Fat: 10

Per Serving	% Daily Value*
Total Fat - 1g	2%
Saturated Fat - 0g	0%
Dietary Fiber - 8g	32%
Sodium - 270mg	11%
Sugars - 3g	
Protein - 6g	

*Percent daily value based on a 2,000 calorie diet. Your daily values may be higher/lower depending on your caloric needs.

FOCUS ON FITNESS

Track your family's physical activities and earn awards for active lifestyles at www.presidentschallenge.org

REMEMBER

Keep your physical activity interesting-do something different on alternate days.



REFERENCES

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- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992.
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