

Butternut Squash

Key Points

- For the best buy, choose butternut squash that are heavy and have smooth skins.
- To prepare squash, wash and remove seeds. Leave skin on and bake for 30 minutes at 350° F, or cook over stove top until tender.
- To keep fresh, store in a cool, dry place for up to 3 months.
- Squash contains potassium, which is good for a healthy heart.



Butternut Squash and Apple Cider

Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 4 cups seeded and cubed butternut squash
- 3/4 cup apple cider
- 1 tablespoon chopped fresh herbs or 2 teaspoons dried (sage, rosemary, or thyme)
- Salt and pepper to taste

Directions:

1. Heat oil in a large pot over high heat. Stir in onion and cook until soft.
2. Add butternut squash and apple cider. Cook for about 15 minutes.
3. Stir in herb, salt and pepper to taste. Cook for about 2 minutes.
4. Serve immediately.
5. Refrigerate leftovers.

Makes 6 servings.

Butternut Squash with Collard Greens

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion chopped
- 1 red bell pepper chopped
- 3 cups peeled seeded and cubed butternut squash
- 3 cups chopped collard greens
- 1/4 teaspoon salt
- Black Pepper to taste

Directions:

1. Heat the oil in a large pot over medium-high heat. Stir in onion, bell pepper and cook until soft.
2. Add squash and cook covered for 5 minutes.
3. Add 1/2 cup of water, collard greens, salt and pepper. Cook until vegetables are soft, about 8 to 10 minutes.
4. Serve immediately.
5. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Serve Squash as a hearty dish.
- Add Squash to a soup or casserole.
- Try stuffed squash with apples and walnuts.
- Remember to rinse all fruits and vegetables before using.

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This material was funded by USDA's Supplemental Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD).

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The Nutrition Facts Label — What does it tell us?

Recipe Name:
Butternut Squash and
Apple Cider

Recipe Name:
Butternut Squash with
Collard Greens

Nutrition Facts			
Serving Size (151g)		Servings Per Container	
Amount Per Serving			
Calories 90	Calories from Fat 20		
	% Daily Value*		
Total Fat 2.5g			4%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 105mg			4%
Total Carbohydrate 17g			6%
Dietary Fiber 2g			8%
Sugars 6g			
Protein 1g			
Vitamin A 200%		Vitamin C 35%	
Calcium 6%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

Nutrition Facts			
Serving Size (214g)		Servings Per Container	
Amount Per Serving			
Calories 110	Calories from Fat 35		
	% Daily Value*		
Total Fat 4g			6%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 19g			6%
Dietary Fiber 5g			20%
Sugars 6g			
Protein 3g			
Vitamin A 280%		Vitamin C 140%	
Calcium 15%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

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