

# Winter Squash

## Key Points

- For the best buy, choose winter squash (such as butternut or acorn) 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 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.



## Spaghetti Squash with Tomato Sauce

### Ingredients:

- 1 spaghetti squash, about 2 pounds
- 1 teaspoon vegetable oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can (14.5 ounces) diced tomatoes
- 1 teaspoon Italian seasoning (optional)
- 1/4 cup grated Parmesan cheese

### Directions:

1. Cut squash in half and scoop out seeds.
2. Place in baking dish, cut side down. Bake at 350° F for 30 minutes, or until tender.
3. In medium sauce pan, heat oil, onion and garlic on medium-high heat. Cook for 5 minutes or until onions are soft.
4. Add canned tomatoes and seasoning. Bring to a boil.
5. Reduce heat to low and cook for 5 minutes. Stir often.
6. When the squash is done, remove from the oven. Use a fork to scrape spaghetti-like strings into a large bowl.
7. Add sauce and serve with Parmesan cheese. Enjoy!
8. Refrigerate leftovers.

**Makes 4 servings.**

## Baked Winter Squash

### Ingredients:

- 1 butternut squash
- 2 tablespoons canola oil or vegetable oil
- 2 tablespoons brown sugar or maple syrup
- 1/4 teaspoon cinnamon or nutmeg (optional)
- Salt and black pepper to taste

### Directions:

1. Cut squash in half and remove seeds.
2. Place in baking dish, cut side down. Bake at 325° F for 1 hour or until tender.
3. Remove from oven. Scoop out the squash and place in bowl.
4. Add remaining ingredients.
5. Mash together until smooth.
6. Serve hot. Enjoy!

**Makes 4 servings.**

## Quick Tips

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

Just Say Yes to Fruits and Vegetables

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Spaghetti Squash with  
 Tomato Sauce**

**Recipe Name:**  
**Baked Winter Squash**

<b>Nutrition Facts</b>			
Serving Size (377g)		Servings Per Container	
Amount Per Serving			
<b>Calories 140</b>	<b>Calories from Fat 35</b>		
		% Daily Value*	
<b>Total Fat 4g</b>			<b>6%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol 5mg</b>			<b>2%</b>
<b>Sodium 180mg</b>			<b>8%</b>
<b>Total Carbohydrate 23g</b>			<b>8%</b>
Dietary Fiber 5g			<b>20%</b>
Sugars 11g			
<b>Protein 6g</b>			
<b>Vitamin A 15%</b>	<b>• Vitamin C 45%</b>		
<b>Calcium 15%</b>	<b>• Iron 8%</b>		
*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

<b>Nutrition Facts</b>			
Serving Size (240g)		Servings Per Container	
Amount Per Serving			
<b>Calories 190</b>	<b>Calories from Fat 60</b>		
		% Daily Value*	
<b>Total Fat 7g</b>			<b>11%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 150mg</b>			<b>6%</b>
<b>Total Carbohydrate 33g</b>			<b>11%</b>
Dietary Fiber 5g			<b>20%</b>
Sugars 11g			
<b>Protein 2g</b>			
<b>Vitamin A 480%</b>	<b>• Vitamin C 80%</b>		
<b>Calcium 10%</b>	<b>• Iron 8%</b>		
*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			

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

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