

# Acorn/Butternut Squash

## Key Points

- For the best buy, choose butternut or acorn squash that are heavy and have smooth skins.
- To prepare squash, rinse and cut squash in half or quarters. Use a spoon to scoop out the seeds and then peel the squash.
- To keep fresh, store in a cool, dry place for up to 3 months.
- Squash contains potassium, which is good for a healthy heart.



## Winter Squash Sauté

### Ingredients:

1 acorn or butternut squash, about 2 pounds  
2 tablespoons soft tub margarine  
1 onion, chopped  
Salt and black pepper to taste

### Directions:

1. Cut squash in quarters. Scoop out the seeds. Peel and cut into small cubes.
2. In a large frying pan, melt the margarine over medium heat.
3. Add the onions to the frying pan. Cook 2 minutes, stirring often.
4. Add the squash to the frying pan. Cover and cook until the squash is tender, about 20 minutes.
5. Add salt and black pepper to taste. Enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

## Winter Squash with Apple Juice Glaze

### Ingredients:

1 acorn or butternut squash, about 2 pounds  
3 tablespoons soft tub margarine  
1 1/2 cups apple juice  
2 tablespoons pancake syrup  
1 teaspoon cinnamon (optional)  
1/4 teaspoon nutmeg (optional)  
Salt and black pepper to taste

### Directions:

1. Cut squash in quarters. Scoop out the seeds. Peel and cut into small cubes.
2. In a large frying pan or pot, melt the margarine over medium heat.
3. Add the squash, apple juice, syrup, cinnamon, nutmeg and 1 cup of water to the pan.
4. Cover and bring to a boil over medium heat.
5. Cook 15 minutes.
6. Uncover and cook another 10 minutes or until the squash is tender and the liquid has formed a glaze.
7. Add salt and pepper to taste. Enjoy!
8. Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- Serve squash as a hearty side dish.
- Add squash to a soup or casserole.
- Acorn and butternut squash are common types of winter squash.
- Remember to rinse all fruits and vegetables before using.

*This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.*

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

Recipe name: Winter Squash Sauté

<b>Nutrition Facts</b>			
Serving Size: 1/4 of recipe (261g)			
Servings Per Recipe: 4			
<b>Amount/Serving</b>			
<b>Calories</b>	160	<b>Calories from Fat</b>	40
<b>% Daily Value*</b>			
<b>Total Fat</b>	4.5g		<b>8%</b>
Saturated Fat	1.5g		<b>7%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	95mg		<b>4%</b>
<b>Total Carbohydrate</b>	29g		<b>10%</b>
Dietary Fiber	5g		<b>20%</b>
Sugars	6g		
<b>Protein</b>	3g		
Vitamin A	490%	Vitamin C	80%
Calcium	10%	Iron	10%
*Percent (%) Daily Values are based on a 2,000 calorie diet.			

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

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

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

Recipe name: Winter Squash with Apple Juice Glaze

<b>Nutrition Facts</b>			
Serving Size: 1/6 of recipe (263g)			
Servings Per Recipe: 6			
<b>Amount/Serving</b>			
<b>Calories</b>	160	<b>Calories from Fat</b>	40
<b>% Daily Value*</b>			
<b>Total Fat</b>	4.5g		<b>8%</b>
Saturated Fat	1.5g		<b>7%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	95mg		<b>4%</b>
<b>Total Carbohydrate</b>	29g		<b>10%</b>
Dietary Fiber	3g		<b>13%</b>
Sugars	13g		
<b>Protein</b>	2g		
Vitamin A	330%	Vitamin C	80%
Calcium	8%	Iron	6%
*Percent (%) Daily Values are based on a 2,000 calorie diet.			

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

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