

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 **medium- high** heat. Stir in onion and cook until soft.
2. Add butternut squash and apple cider. Bring to a boil then reduce heat to low, cover and **simmer** 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.

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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