

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is... Butternut Squash

You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce Of the Week



What vegetable was not sold in supermarkets until 1944?

BUTTERNUT SQUASH!

- ♦ Butternut squash is one of about a dozen varieties of winter squash grown in the USA
- ♦ Butternut squash (like all winter squashes) has a hard outer shell
- ♦ Choose a squash that is heavy for its size
- ♦ Store in a cool dark place for up to a month
- ♦ Once cut, refrigerate the unused portion for up to 3 days

Nutrition Facts

- ♦ One serving is $\frac{1}{2}$ cup and contains about 50 calories
- ♦ Despite its name, it is a fat free food! (it just has a buttery flavor)
- ♦ Cholesterol & Sodium free
- ♦ Excellent source of vitamins C & A & a good source of fiber, potassium & magnesium

Did you know?

Butternut squash is grown all over the USA and in many countries around the world. It is easy to grow in your home garden—but wait until the early summer to plant!

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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Try these delicious, nutritious and healthy recipes!

Butternut Apple Crisp

9 servings

INGREDIENTS

3/4 cup packed brown sugar, divided
1/2 teaspoon salt
2 Granny Smith apples
1/2 cup all-purpose flour
3 tablespoons cold butter or margarine

1 teaspoon ground cinnamon
2 pounds butternut squash - peeled, seeded, and sliced thin
2 tablespoons lemon juice
1/2 cup quick-cooking oats

DIRECTIONS

- Core and slice (do not peel) apples
- In a bowl, combine 1/2 cup brown sugar, cinnamon and salt. Add squash, sliced apples and lemon juice. Pour into a greased 9-in. square baking dish. Cover and bake at 350° for 30 minutes.
- In a small bowl, combine the flour, oats and remaining brown sugar. Cut in butter until mixture resembles coarse crumbs. Sprinkle over squash mixture.

Simple ways to enjoy butternut squash: Cube and roast in the oven ~ or ~ Cut in half, place on baking pan; bake in oven at 350° for about 30 minutes until tender ~ or ~ Add cooked squash to black beans, season with a sprinkle of garlic powder, cumin & chili powder and wrap in a tortilla with salsa & a sprinkle of cheese

South of the Border Squash Soup

4 servings

INGREDIENTS

1 onion
1 clove of garlic, chopped
2 cans low-sodium chicken broth
2 T chopped jalapeno peppers or green chilies

1 small carrot, chopped
1/2 butternut squash, peeled, seeded and cubed
7 oz tomato puree
Lime wedges for serving

DIRECTIONS

- In large stock pot, add onion, carrot and garlic and 1/4 cup of water. Cook about 5 minutes stirring occasionally. Cook until vegetables are soft.
- Add butternut squash, chicken broth and tomato puree. Bring to a simmer and cook for 30 minutes.
- Mash squash pieces with potato masher or back of spoon; stir in jalapeno or green chilies until well blended.
- Season to taste with salt and pepper.

Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!