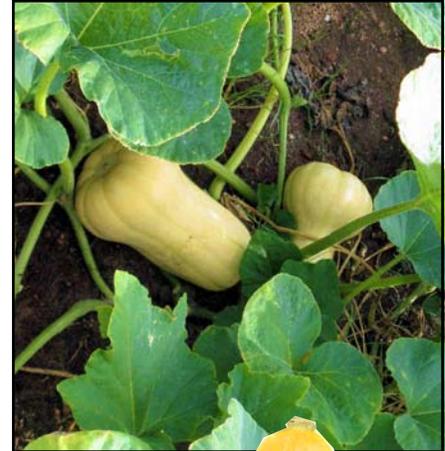


ABOUT BUTTERNUT SQUASH

Butternut squash originated in Mexico and Guatemala. Originally the seeds were eaten, but the flesh of the squash was not. Butternut squash is in the same family as pumpkins, cucumbers, and gourds. Butternut squash is an excellent source of vitamin A. It is also a good source of vitamins C, E, and B complex. Butternut squash are favored for their versatility; they can be used in either savory or sweet dishes. If you are craving pumpkin bread but your pumpkins are not quite ripe, use butternut squash in their place.



Choose:

- ◆ Squash with blemish-free skin that feel heavy for their size

Avoid:

- ◆ Squash with a soft rind or mold on any part of the vegetable; this may indicate rotting inside.



Storage:

Keep out of sunlight. Can be kept up to six months in a cool place with low humidity. Once squash is cut open, it needs to be refrigerated. Cover tightly with plastic wrap and consume within a couple of days.

Serving Tip:

- ◆ Roasting a butternut squash is the best way to bring out its sweetness. Wash the butternut squash then cut it in half lengthwise. Drizzle the squash with olive or vegetable oil and add salt and pepper. Use a pastry brush and completely coat the flesh with the oil mix. Turn the squash over with skin side facing up. Roast at 350°F for about 45 minutes. Once it is cooled, the skin should easily peel off the flesh with your fingers, and seeds are easy to remove.



Make your own baby food. Peel, remove seeds, and cube squash. Steam for 20 minutes or until soft. Puree the butternut squash with a little water in a blender. (Pears are in season this time of year and make a nice complement to butternut squash. Make sure the pear is very ripe. Peel, core, and cube pears. Puree in blender with squash.)

BUTTERNUT SQUASH

Roasted Butternut Squash and Asian Pears with Garlic and Parsley

Yield: 4 servings

Time: 1 hour

Ingredients

- 2-3 pounds (4-5 cups) squash, peeled, seeded, and cut into 1-inch chunks
- 2 cups Asian pears, cored and cut into 1-inch chunks
- 1-1/2 tablespoons vegetable oil, divided
- 1 teaspoon salt
- 1/4 teaspoons pepper
- 2 cloves garlic, minced
- 2 tablespoons parsley, chopped



Directions

1. Preheat oven to 375°F. Toss squash with 1 tablespoon oil, salt, and pepper. Spread evenly on a large baking sheet. Roast for 20-25 minutes, stirring occasionally, add pears and continue roasting until tender throughout and starting to brown, about 10-20 more minutes.
2. Heat the remaining 2 teaspoons of oil in a small skillet over medium heat. Add garlic and cook, stirring, until fragrant but not brown, 30 seconds to 1 minute. Add parsley and cook for 5 more seconds while stirring. Toss the roasted squash with the garlic and parsley. Taste, adjust the seasonings as desired, and serve.

Notes: _____

BUTTERNUT SQUASH

Winter Squash Soup



Yield: 6 servings

Time: 1 hour

Ingredients

2 tablespoons olive oil

1/2 large onion, thinly sliced

2 cloves garlic, thinly sliced

1 medium butternut squash, peeled and diced into 1-inch chunks

2 cups chicken or vegetable broth

Salt and pepper, to taste

1/2 cup milk or half and half

Directions

1. In a soup pot, heat the olive oil over medium heat. Add onions and garlic; cook, stirring occasionally, until onions are translucent, about 10 minutes.
2. Add the squash and broth. If needed, add water to just cover the squash. Bring to a boil then reduce heat to a simmer. Season with salt and pepper.
3. Cook, stirring occasionally, until squash falls apart when poked with a fork, about 25 minutes.
4. Purée soup in a blender and cooking liquid to adjust the thickness. Taste for seasoning and adjust, if necessary.
5. Return the puréed soup to the pot and add the milk. Serve immediately.

Notes: _____

BUTTERNUT SQUASH

Smashed Apples and Butternut Squash

Yield: 6-8 servings
Time: 40 minutes



Ingredients

- 3 tablespoons butter
- 1 butternut squash, peeled, seeds removed and cut into 1-inch chunks
- 1 pinch salt
- 5 Fuji apples (or other sweet apple), peeled, cored and chopped into 1-inch chunks
- 3/4 cup water
- 1/4 cup brown sugar
- 1 teaspoon ground cinnamon

Directions

1. Heat the butter in a large heavy pan over medium-high heat. Add the butternut squash and season with salt.
2. Cook until the squash is beginning to brown, about 6 to 8 minutes. Add the apples and continue to brown, another 5 minutes.
3. Stir in 3/4 cup of water and the sugar. Cover, then reduce the heat to medium-low and cook until tender, about 15 minutes.
4. Add the cinnamon; mix and mash with potato masher or large fork.
5. Serve warm or at room temperature.

Notes: _____
