WINTER SQUASH

NUTRITION BENEFITS
• Vitamin A: helps with seeing at night and helps the immune system
• Vitamin C: helps heal cuts and helps the immune system
• Fiber: helps reduce cholesterol levels and may lower your risk of heart disease

CLEANING
Rinse squash under cool running water and dry with a clean towel.

PREPARING
How to Prepare Winter Squash
1. Rinse squash under running water and dry with a clean towel.
2. Pierce the squash several times with a sharp knife and place on a microwave safe plate or dish.
3. Microwave the squash on high for 6-8 minutes. Allow it to cool enough to be touched.
4. Cut off the top inch of the squash including the stem.
5. Cut the squash in half. Scoop out the seeds with a spoon.
6. Place the two halves face down on the microwave safe plate or dish with ½ cup of water. Microwave on high 5 minutes. Check if the squash can be easily scooped with a spoon. If not, cook another 3-5 minutes or until the flesh is the texture of a cooked potato. Set aside to cool.
7. Once the squash is cool enough to touch, dice the squash with a knife without cutting through the skin and scoop out the diced pieces or scoop out the flesh and mash with a fork.

Easy Roasted Veggies
Ingredients:
• 5 cups assorted vegetable pieces cut in chunks (potatoes, sweet potatoes, winter squash, turnips, carrots, onions, mushrooms)
• 1 tablespoon vegetable or olive oil
• 2 teaspoons dried Italian seasoning
• 1/8 teaspoon black pepper
• 1/8 teaspoon salt

Instructions:
1. Heat oven to 425° F.
2. Line a 9×13 pan with aluminum foil.
4. Bake uncovered 45 minutes. Turn every 15 minutes.
5. Serve while hot.