

# WINTER SQUASH



## TRY THIS

- Substitute winter squash for half the potatoes in any mashed potato recipe.
- Serve roasted winter squash with sautéed apples, raisins, a little cinnamon, and cooked grains like brown rice.
- Add cooked winter squash to casseroles, hash, omelets, quiche, pastas, soups, and tacos.

## BUYING AND STORING

- Select firm, heavy winter squash with dull skin and no cracks or soft spots.
- Store winter squash in a dark, dry, cool place. Most varieties will last whole for three months or more.
- Wash all fresh fruits and vegetables before using. Wash the outside of winter squash under cool running water and scrub with a produce brush before cutting.

# JALAPEÑO-GARLIC ROASTED BUTTERNUT SQUASH

Total Time: 45 minutes | Makes: 6 servings | Serving Size: 1 cup

Nutrition Information Per Serving: Calories 147, Carbohydrate 23g, Dietary Fiber 4g, Protein 2g, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 205mg


## INGREDIENTS

2½ pounds butternut squash,  
peeled and cubed  
3 tablespoons olive oil, divided  
½ teaspoon kosher salt  
1 teaspoon garlic, finely minced

1 teaspoon ground cumin  
2 teaspoons lime juice  
1 jalapeño pepper,  
seeded and diced

## INSTRUCTIONS

1. Preheat oven to 425 F.
2. Coat squash with 1 tablespoon oil and ¼ teaspoon salt in a medium bowl.
3. Arrange squash on baking sheet in single layer.
4. Roast squash for 20–30 minutes, turning once, until golden brown. Remove from oven and let stand.
5. Heat remaining oil, garlic, and cumin on medium until garlic begins to soften but not brown, about 1 minute.
6. Remove from heat, add remaining salt, lime juice, jalapeño, and squash, combine gently.
7. Serve immediately.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

## CHANGE IT UP

- Make with any winter squash, like acorn, buttercup, or kabocha.
- Replace lime juice with apple cider.
- Omit cumin, lime juice, and jalapeño and replace with fresh rosemary, butter, and cinnamon.