

# Winter squash

Winter squash is related to summer squash, but it is very different in taste and in the way it is prepared. Winter squash is also much higher in Vitamin A. There are many types of winter squash that range in size, color, shape, and texture. However, they are not very different from

one another on the inside. Most have a sweet, mild flavor and an orange inside.

Winter squash—with its hard skin and seeds—takes much longer to cook than summer squash. Most people have had mashed squash as a side dish, but winter squash can also be stuffed or used in soups and

stews, breads and muffins, and even pudding.

Before cooking, the seeds must be scooped out, but don't let them go to waste. They can be toasted just like pumpkin seeds.



## Squash with Maple-ginger Butter

Makes 4 servings

### Ingredients:

- 2 pounds acorn squash, quartered, seeds and peel discarded
- 1 1/2 Tablespoons maple syrup
- 1 Tablespoon butter
- 1 teaspoon fresh ginger, grated
- 1 teaspoon lime or lemon juice



### Directions:

1. Steam squash 10 minutes, or until tender.
2. Melt butter with maple syrup and ginger in a saucepan over low heat.
3. Stir lime or lemon juice into syrup mixture.
4. Spoon over squash and serve immediately.

Source: "Meals for You," [www.mealsforyou.com](http://www.mealsforyou.com)

## Nutrition Facts

Serving Size 1 Serving (240g)  
Servings Per Container 4

Amount Per Serving

**Calories** 190    **Calories from Fat** 30

% Daily Value\*

**Total Fat** 3.5g    **5%**

Saturated Fat 2g    **10%**

**Cholesterol** 10mg    **3%**

**Sodium** 40mg    **2%**

**Total Carbohydrate** 38g    **13%**

Dietary Fiber 0g    **0%**

Sugars 13g

**Protein** 3g

Vitamin A 15%    • Vitamin C 40%

Calcium 10%    • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Tips

- Winter squash store for a long time in the right conditions. In a dry and cool place, they will store for many months.
- To cook quickly, cut squash into 2-inch chunks and boil or steam for 15 to 20 minutes, until tender.

## Complementary Herbs


basil      parsley  
chives     thyme

## Curried Squash and Mushroom Soup

Makes 4 servings

Lisa Beliveau,  
Goose Creek Farms

### Ingredients:

- |   |   |
|---|---|
| 2 acorn or butternut squash<br>(about 3 cups), cooked, puréed |  |
| 2 1/2 cups water or stock                                     |   |
| 1 clove garlic, chopped                                       | 1 cup orange juice  |
| 1/2 cup onion, chopped  | 1 Tablespoon oil  |
| 1/2 teaspoon coriander  | 1 teaspoon salt   |
| 1/2 teaspoon cinnamon   | 3/4 teaspoon ginger   |
| 1/4 teaspoon dry mustard                                      | 1/2 teaspoon cumin  |
| 6 ounces mushrooms, sliced                                    | Few dashes cayenne  |

### Directions:

1. Split the squash lengthwise and bake face-down in a 375 degree F oven on an oiled tray, 30 minutes or until soft.
2. Cool and scoop out the insides.
3. With a fork or potato masher, mash well with the water or stock (you can also purée it in a blender or food processor if you have one).
4. Combine with the orange juice in a kettle or saucepan.
5. Heat the oil in a skillet and add the garlic, onion, salt, and spices.
6. Sauté until the onion is very soft. Add a little water if it sticks.
7. Add mushrooms, cover, and cook 10 minutes.
8. Add the sauté to the squash, scraping the skillet well to get all the good stuff.
9. Heat everything together gently.

### Nutrition Facts

Serving Size 1 Serving (431g)  
Servings Per Container 4

Amount Per Serving

**Calories** 190    **Calories from Fat** 35

% Daily Value\*

<b>Total Fat</b> 4g	<b>6 %</b>
Saturated Fat 0g	<b>0 %</b>
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 600mg	<b>25 %</b>
<b>Total Carbohydrate</b> 34g	<b>11 %</b>
Dietary Fiber 1g	<b>4 %</b>
Sugars 13g	

**Protein** 3g

Vitamin A 6%	• Vitamin C 70%
Calcium 8%	• Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

*Comments: Since this is a sweet soup, you may want to add a little fresh lemon juice. Serve topped with nonfat plain yogurt and chopped, toasted almonds. Is better the next day.*