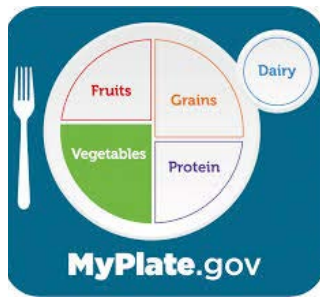


Butternut Squash



Butternut squash is shaped like a large pear and has a deep orange color with a slightly sweet flavor.

Fun Facts:

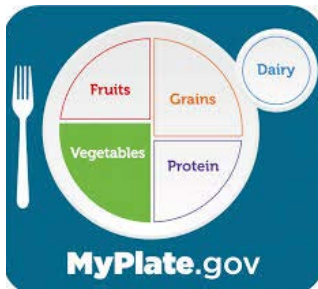
- Butternut squash has vitamin A, which helps your eyes stay healthy.
- It has vitamin C and calcium, which help your bones.
- The fiber helps your stomach work well.
- The vitamins help your body fight off colds.



How to Prepare Fresh Butternut Squash:

1. **Wash** the squash.
2. Use a sharp knife to **cut** off the ends.
3. **Peel** the skin with a peeler.
4. Cut the squash in half and scoop out the seeds.
5. Cut it into small cubes or slices.
6. Cook it by **roasting** in the oven, **boiling**, or **steaming**.

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Squash and Apple Soup

Servings: 8

Serving size: 1 cup



Ingredients

- 1 tablespoon butter
- 2 medium yellow onions, chopped
- 2 cloves garlic, minced
- 1 tablespoon curry powder (optional)
- 4 cups water
- 4 chicken or vegetable bouillon cubes
- 1 medium (about 2 pounds) butternut squash, peeled, seeded, & chopped
- 2 apples, cored & chopped
- ¼ teaspoon ground black pepper

Directions

1. Heat butter in large pot over medium heat. Add onions and cook, stirring often, until soft, about 6 minutes. Add garlic and curry powder (if using) and cook, stirring, for 1 minute.
2. Add water, bouillon, squash, and apple to pot. Stir well. Cover and cook until squash is soft, about 20 minutes.
3. Remove soup from heat and let cool slightly. Puree in blender or food processor, or mash by hand. Stir in pepper and serve.

Nutrition Facts

8 servings per container	
Serving size	1 cup
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 490mg	21%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 1mg	6%
Potassium 499mg	10%
Vitamin A 616mcg	70%
Vitamin C 28mg	30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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