

ACORN SQUASH



HOW DOES IT TASTE?

Acorn squash has a slightly buttery and nutty flavor. When cooked it tends to be tender and creamy.

HOW DO I PICK IT?

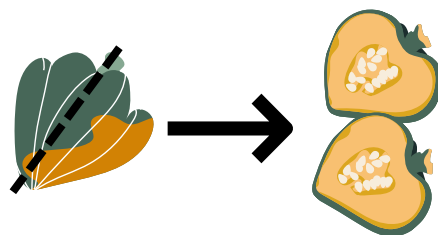
Choose a heavy, firm, deep green acorn squash with a dry stem and no blemishes. Acorn squash is generally available in grocery stores and farmers markets from early fall through winter, with peak availability from October to December.

HOW DO I STORE IT?

Store in a cool dry place away from direct sunlight. If cut, store in the refrigerator wrapped in plastic wrap for up to 5 days.

HOW DO I PREPARE IT?

1. Wash acorn squash to remove any dirt.
2. Cut in half lengthwise. Use a spoon to scoop out the seeds, place face up on a baking sheet and bake until soft and tender.
3. Once baked, scoop out the flesh and eat it or use in your favorite dish.



Roast acorn squash in the oven and blend to make soup, or **stuff** acorn squash with quinoa, veggies and cheese for a vegetarian main course. Cut acorn squash into wedges and **grill** with olive oil and herbs for a tasty side dish...and so much more!

Easy Baked Acorn Squash

Ingredients

2 acorn squashes
4 tablespoons maple syrup or honey (can replace with ¼ teaspoon black pepper per squash half for a savory flavor)

Directions

1. Preheat oven to 400F.
2. Cut acorn squash in half and scoop out the seeds.
3. Fill a baking pan with ½ cup of water.
4. Place the squash halves face up in the pan. If they are lopsided, slice the underside horizontally so the bottom sits flat on the pan.
5. Add 1 tablespoon maple syrup or honey (or ground pepper if you prefer a savory flavor) to each half and spread evenly across the flesh.
6. Bake for about 1 hour, or until flesh is tender.

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KITCHEN TIP!

To make squash easier to cut, microwave it for a few minutes before preparing. Just prick it with a fork, microwave on high for 2-3 minutes, and let it cool before handling.