

# BUTTERNUT SQUASH



## HOW DOES IT TASTE?

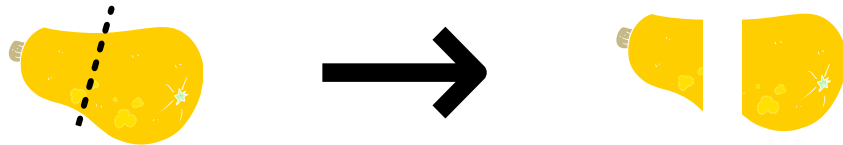
Butternut squash has a subtle sweet flavor that goes well in both sweet and savory dishes. It tastes a bit like pumpkin!

## HOW DO I PICK THEM?

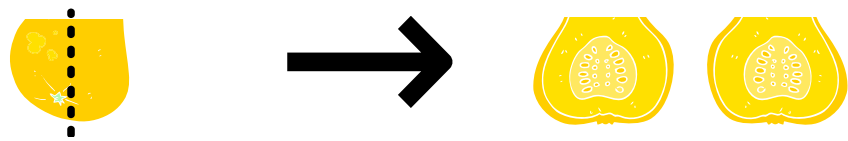
Choose squash that are heavy when you hold them, are beige in color and that are free of bruises.

## HOW DO I PREPARE IT?

- Wash squash well to remove any dirt.
- Cut off the stem and bottom of the squash.
- Cut the squash in half to separate the thinner end from the rounder end. Now peel off all of the skin.



- Place the round end with cut side facing up, then cut in half again from top to bottom. You will see seeds inside.



- Scoop out seeds using a spoon, just like you would for a pumpkin or cantaloupe.
- Cut into the size your recipe says.

## WHAT SHOULD I DO WITH IT?

Add roasted cubes to a **salad**, boil cubes and puree them into a **soup**, mash your squash for a quick **side dish**, roast with cinnamon and stuff with granola for a healthy **dessert**... the options are endless!

Go to URI SNAP-Ed's website for butternut squash recipes

For recipes & information about preparing healthy foods, visit [web.uri.edu/SnapEd](http://web.uri.edu/SnapEd) or call us at 1-877-366-3874.



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## KITCHEN TIP!

To make squash easier to peel, cook it whole in the microwave for 3 minutes.