

# BUTTERNUT SQUASH



Butternut squash is a RED/ORANGE vegetable. It is a good source of vitamin A from beta-carotene, which gives it that bright orange color. It is also a good source of vitamin C and fiber.

Butternut squash is often baked or roasted, but can be cubed and steamed also. If sliced thin, it can also be pan fried. Pureed, it is a delicious base to hearty soups.

This versatile, flavorful winter squash can be used as a side dish or a vegetarian main course.

Butternut squash is also very yummy “squashed” or mashed.

## **FUN FACT :**

Winter squash first migrated to Europe from Peru by Spanish Explorer Francisco Pizarro in the early 16th century. Many Europeans referred to squash as “melons.”

In Native American, the word “squash” means “eaten raw” but winter squash are almost never eaten raw.

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<p><b>Safety:</b></p>	<p>Wash butternut squash before slicing. Store cut squash in the refrigerator. Use cut squash within a week.</p> <p>Always use a different cutting board for vegetables than for meats to prevent cross contamination. Use gloves for produce that will be served raw.</p>
<p><b>Yield:</b></p>	<p>For 100 ½ cup servings of cooked, cubed butternut squash purchase 15 lbs. For 100 ½ cup servings of butternut squash, mashed purchase 38 lbs.</p>
<p><b>Quality:</b></p>	<p>Choose an unblemished squash that feels heavy for its size with a dull, buff colored skin. Avoid those with green streaks or glossy skin as they are immature. Purchase squash with the stem intact and remove just before preparing.</p>
<p><b>Storage:</b></p>	<p>Store whole winter squash in a cool (60-65 °F), dry place, not in the refrigerator. In proper conditions, whole squash with an intact stem can keep for months.</p>
<p><b>Preparation:</b></p>	<p>Remove the hard stem. If necessary for the recipe, pare with a sharp vegetable peeler or sharp paring knife. (If roasting in large chunks, leave skin on. It removes more easily after roasting.)</p> <p>Use a chef’s knife to separate the top from the bottom of the squash.</p> <p>Cut the larger bottom section in half lengthwise and scoop out the seeds using a spoon.</p> <p>Cut the squash into 1 to 1 1/2-inch-thick slices or dice into large pieces. The squash is now ready to be cooked.</p>
<p><b>Seasonings:</b></p>	<p>Butternut squash is delicious with cinnamon and nutmeg. It also blends well with savory rosemary and sage.</p>

**TIP:** If winter squash is hard to cut, you can bake, steam, or microwave the whole squash for about 5 minutes to soften the rind just enough to make it easier to cut. Cut and cook immediately, do not store partially cooked cubes.

