



NOURISH YOUR BODY

winter squash

Winter squash have tough, thick shells that protect their sweet flesh, making them excellent storage vegetables. The most common varieties of winter squash include acorn, butternut, hubbard, spaghetti and turban.

DID YOU KNOW?



- Winter squash are an excellent source of beta-carotene, and a good source of fiber, vitamin C and niacin.
- Winter squash differ from summer squash because they are harvested and eaten in the mature fruit stage, when the seeds within have ripened fully and the skin has hardened into a tough rind.
- With the exception of spaghetti squash, virtually any winter squash can be substituted for another in recipes.

WELLNESS TIP

If you travel for work, plan ahead. Bring your tennis shoes for an early morning run or choose a hotel that has a gym.

SHOPPING, PREPARING AND STORING



- Choose winter squash that are heavy for their size and have a hard, deep-colored rind.
- Winter squash can be kept in a dark place for 1-3 months depending on the variety.

COOKING TIPS



- Acorn squash is good for baking and goes well with a sweet or nutty stuffing.
- Cooked butternut squash has a fine-grained flesh that makes it perfect for pureeing.
- When spaghetti squash is baked, its flesh forms translucent thin strands that can be used as a substitute for spaghetti.

SWEET ACORN SQUASH

serves 4

- 2 acorn squash, halved, seeds removed
- 1/2 cup orange juice
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg



1. Poke holes in each squash and heat in the microwave for 1 1/2 minutes on high.
2. Place the squash on an ungreased baking pan. The cut side of the squash should be face-up.
3. Pour 2 tablespoons of juice into each half of the squash. Spread it evenly on the inside of each squash.
4. Bake at 400 °F for 30 to 45 minutes, until tender. Season with cinnamon and nutmeg and serve.

Recipe adapted from What's Cooking? USDA Mixing Bowl, United States Department of Agriculture

Calories: 103; Total Fat: 0 g; Saturated Fat: 0 g; Total Carbohydrates: 26 g; Protein: 2 g; Sodium: 7 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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