

Harvest of the Month



JANUARY 2018



Butternut Squash

WINTER SQUASH

Circle all words and pictures of squash on the page. (answers on back)

- How many did you find?
- What is your favorite way to eat squash?

Baked Winter Squash

Ingredients:

- 1 butternut squash
- 2 tablespoons canola oil or vegetable oil
- 2 tablespoons brown sugar or maple syrup
- 1/4 teaspoon cinnamon or nutmeg (optional)
- Salt and black pepper to taste

Directions:

1. Cut squash in half and remove seeds.
2. Place in baking dish, cut side down. Bake at 325° F for 1 hour or until tender.
3. Remove from the oven. Scoop out the squash and place in bowl.
4. Add remaining ingredients.
5. Mash together until smooth.
6. Serve hot. Enjoy!

Makes 4 servings.

Recipe Source: <http://northcountryeatsmartny.org/recipes/baked-winter-squash>



NORTH COUNTRY REGION EAT SMART NY

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Cornell Cooperative Extension

Nutrition Facts

Serving Size (240g)		Servings Per Container 4	
Amount Per Serving			
Calories 190	Calories from Fat 60		
% Daily Value*			
Total Fat 7g	11%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 150mg	6%		
Total Carbohydrate 33g	11%		
Dietary Fiber 5g	20%		
Sugars 11g			
Protein 2g			
Vitamin A 480%	Vitamin C 80%		
Calcium 10%	Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	Carbohydrate 4 • Protein 4

EAT YOUR SQUASH

Nutrition Facts

Serving Size: ½ cup cooked acorn squash, cubed (103g)
 Calories 57 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Sugars 0g	
Protein 1g	
Vitamin A 9%	Calcium 5%
Vitamin C 19%	Iron 5%



Squash Search

Circle the different varieties of winter squash listed below in the puzzle. Words can be spelled across, down, backwards, and diagonally.

Acorn	Calabaza	Mediterranean
Banana	Delicata	Spaghetti
Butternut	Kabocha	Turban

N A E N A R R E T I D E M F
 T B T Q N T L H T M V Z D N
 N O U Y R N M T X G W B E R
 K S M T R R E K P B R L L H
 A X T A T H W N R O C A I N
 B K B N G E F L G Z G W C L
 O R P A X G R T R M P B A E
 C L P B H W V N C K E U T Y
 H S M R X H B M U Z G T A Q
 A W G U E A R E O T Z H T N
 I F Q T V M K C R L H P X K
 T F N K D S X A Q R R Q X X
 P T B A N A N A B P K Q S D
 T B A Z O C A L A B A Z A C

Reasons to Eat Winter Squash

A ½ cup of cooked winter squash - like acorn, butternut, hubbard, and pumpkin - has lots of vitamin A. Eating squash is also a good way to get vitamin C and fiber. Acorn squash also has iron. Iron is a mineral that helps move oxygen from the lungs to the rest of the body. It also helps the body fight infections.

Iron Champions*:

Beans, lentils, fortified cereal, 100% prune juice, pumpkin seeds, and soy foods. *Iron Champions are a good or excellent source of iron.

How Much Do I Need?

The amount you need depends on your age, if you are male or female, and how active you are every day. It is important to eat a colorful variety of fruits and vegetables every day to get all the nutrients you need to grow healthy and feel good.

A ½ cup of cubed winter squash is about the size of one cupped handful. Using the chart below, write down a daily meal plan to help reach your goals.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day



- Draw a star next to the kinds of squash you have tried.
- Underline the kinds of squash you would like to try.

**If you are active, eat the higher number of cups per day. See how much is right for you visit: <https://www.choosemyplate.gov/vegetables>

Answer from front: 11 (recipe picture counts as 2)

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