# Harvest of the Month



**WINTER SQUASH** 

NORTH COUNTRY REGION EAT SMART NY

FOR RECIPES & TIPS VISIT: northcountryeatsmartny.org

# Spaghetti Squash

Recipe Source: Food Hero

## **Ingredients:**

1 whole spaghetti squash
Topping ingredients as you choose

#### **Directions:**

- Wash the skin and cut squash in half lengthwise, crosswise or in 1-inch rings. If squash is too tough to cut, microwave or bake for a few minutes until squash is warm to the touch and soft enough to cut.
- 2. Remove seeds and stringy fibers with a spoon.
- 3. Cook squash. The squash flesh should be easily pierced by a fork when done.

**Microwave (shortest cooking time).** Place squash cut side down on a microwave-safe dish with 1 to 2 tablespoons water. Cook on HIGH for about 12 minutes for a medium sized squash. Time will vary depending on size of squash and power of the microwave. Squash is done when the shell can be pierced with a fork and the flesh separates into strands.

**Bake in the oven.** Choose a baking temperature between 350 to 425 degrees. Line a baking dish with foil for easier clean up.

- For a "**roasted**" flavor, rub cut edges with a little vegetable oil (optional), place cut side down in the pan and bake uncovered.
- For a "steamed" texture, add ½ cup water to the pan and cover with foil. Check for doneness after about 40 minutes. Larger squash and lower oven temperatures may take longer to cook. Squash is done when the shell can be pierced with a fork and the flesh separates into strands.
- 4. Let sit for 10 minutes or until squash is cool enough to handle. Use a fork to gently scrape the inside of the squash to make spaghetti-like strands. Refrigerate leftovers within 2 hours.

Notes: Top with your favorite pasta sauce.

\*Receive an item to jump start your healthy lifestyle!

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\*Must qualify for SNAP Benefits



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# EAT YOUR SQUASH

# **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



- Write down the kinds of squash you have tried.
- Draw a star next to your favorite kind.
- Underline the kinds of squash you would like to try. How do you want to eat it?

# Reasons to Eat Winter Squash

A 1/2 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.

% Daily Value Total Fat 0g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 4mg Total Carbohydrate 15g Dietary Fiber 5g Sugars 0g Protein 1q

Calories 57

Vitamin A 9%

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Vitamin C 19%	Iron 5%	)
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**Nutrition Facts** 

Serving Size: ½ cup cooked acorn

squash, cubed (103g)

Calories from Fat 0

0%

0%

0%

18%

Calcium 5%

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?

A ½ cup of cubed winter squash is about the size of one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, 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. Look at the chart below to find out how many cups of fruits and vegetables you need to eat every day. Write down a daily meal plan to meet 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

<sup>\*\*</sup>If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov/MyPlatePlan to learn more.



#### Cornell Cooperative Extension

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