

Butternut Squash



About Butternut Squash

- Butternut squash is an excellent source of Vitamin A and potassium
- Potassium helps us control our blood pressure

Choosing and Storing

- When choosing a butternut squash, look for one that has a longer neck and feels heavy. The neck is easier to peel and chop since it doesn't have any seeds.
- Store butternut squash in a cool, dark place for up to 1 month. Once cut, refrigerate unused portion.

WIC Tips: Some squash are tough to cut. To make the job easy, pierce the squash many times with a fork. Place the squash on a microwaveable plate. Microwave on 100 percent power (high) for 1 to 2 minutes. Let the squash stand for 5 minutes before cutting

Butternut Squash with Whole Wheat Pasta

Recipe Courtesy of the American Heart Association

INGREDIENTS

- 8 ounces dried, whole-grain spaghetti
- 3 cups cubed butternut squash (cut into 1/4-inch cubes)
- 1 cup fat-free, low-salt vegetable broth
- 1/2 cup chopped onion
- 2 medium garlic cloves (minced)
- 1/4 teaspoon salt and pepper
- 2 cups trimmed, halved sugar snap peas
- 2 tablespoons chopped, fresh sage
- 1/4 cup grated Parmesan cheese



INSTRUCTIONS

1. Prepare the pasta using the package directions, leaving out the salt. Drain well in a strainer. Set aside.
2. In a large skillet, stir the squash, broth, onion, garlic, salt, and pepper. Bring to a boil over medium-high heat. Reduce the heat and simmer for 5 minutes.
3. Stir in the peas. Return to a simmer for 7 to 10 minutes, or until the squash is tender and most of the liquid is gone.
4. Stir in the sage. Serve the squash over the pasta.
5. Sprinkle with the Parmesan and enjoy!

Serving Size: 1 cup pasta, 3/4 cup squash