

ACORN, BUTTERNUT, & SPAGHETTI SQUASH

This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).



GENERAL INFORMATION

Did you know? It is considered a winter squash, but it is harvested in the Fall. They also are sweeter, whereas spaghetti squash's mild flavor sometimes makes it a better choice.

In season: September-October

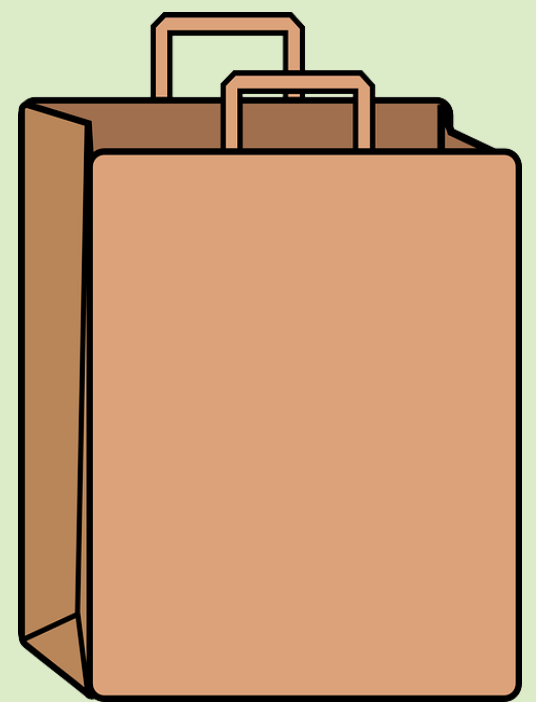
Key nutrients: Butternut and Acorn Squash are the more nutrient dense choices, as they are excellent sources of fiber, thiamin, vitamin B6 (biotin), vitamin C, magnesium and potassium.

HOW TO SHOP

What to look for: Firm on the outside, few dents or dark spots

Methods of preparation: Slice it in half, scoop out the seeds, and bake them to make the inner flesh soft; fill with sweet or savory ingredients; scrape out the flesh to use for other recipes.

Storage: Does not require refrigeration, but do store in a dry, cool place.



RECIPE IDEAS

- Baked Acorn Squash:
- Caramelized Onion, Apple, and Turkey Sausage Stuffed Acorn Squash
- Black Bean & Butternut Squash Casserole
- Butternut Squash Soup
- Spaghetti Squash Breadsticks
- Garlic Parmesan Spaghetti Squash
- Spaghetti Chow Mein

