

Preparation Tips

The rind of winter squash is hard

The rind can be difficult to peel. Try cooking squash unpeeled, and then scoop out the flesh.

If the rind is too hard to cut...

Pierce the squash. Microwave it for a few minutes until the squash is soft. Then finish cooking the squash.

Do you like foods sweet or savory?

Winter squash is a versatile food that can be prepared either way. Not sure which sounds best? Try one of the following recipes, and discover your favorite way to eat winter squash.

Nutrition Facts

1 cup cooked Butternut Squash

Nutrition Facts

Serving Size 1 cup, cubes (205g)
Servings Per Container 1

Amount Per Serving	
Calories 82	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber	0%
Sugars 4g	
Protein 2g	
Vitamin A 457%	Vitamin C 52%
Calcium 8%	Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Key nutrient facts are circled in green.

Baking: This method brings out the sweetness in winter squash. Baking also saves the beta-carotene content. To bake, halve small squash lengthwise. Then scoop out the seeds and strings. Cut large squash into serving-sized pieces. Place the squash, cut-side down, in a foil-lined baking pan. The foil will help avoid sugary juices from burning onto the pan. Pour about 1/4" of water into the pan, cover with foil, and bake in a 350°F to 400°F oven until the squash is tender when pierced with a knife or toothpick. Cooking time for squash halves will be 40 to 45 minutes. Cut-up squash will take 15 to 25 minutes.



Boiling: This method is faster than steaming. Boiling can dilute the flavor of the squash and cause some nutrient loss. Place peeled squash pieces in a small amount of boiling water. Cook until the squash is tender. Drain well. Cooking times is 5 minutes.

Sautéing: Grate, peel or dice squash. Sauté in broth, or in a mix of broth and oil until desired tenderness. Tip: Grated squash is best if it is cooked just to the point where it is still slightly crunchy. Cooking time is 8 to 15 minutes.

Steaming: Place a metal colander or basket over a pot with about an inch of water in it. Place seeded squash halves or squash pieces in the colander cut-side down. Cover the pot. Cook over boiling water until tender. Cooking time is 15 to 20 minutes.



Microwaving: Arrange squash halves, cut-side up, in a shallow microwavable dish. Cover, and cook until tender. Let the squash stand for 5 minutes after cooking. Cooking time for squash halves is 7 to 10 minutes. Cooking time for chunks is 6 to 8 minutes.

Puréeing: All squash varieties can be puréed. Cook squash using the methods above. Then place cooked squash in a blender. If you don't have a blender, you can mash the squash. Puréed squash can be used in recipes for baked goods, soups, custards, or as a side dish in place of potatoes.



Freezing: Cooked squash freezes well. Pack into freezer containers or freezer bags leaving 1/2 inch head space. Frozen squash stays fresh for up to one year.

Fitting Winter Squash into MyPyramid



The green triangle of MyPyramid is the vegetable section. Vegetables may be raw or cooked; fresh, frozen, or canned. Age, gender, and level of physical activity determine the daily vegetable need. For a 2000 calorie diet, it is recommended having about 2 ½ cups of vegetables daily.

On MyPyramid, winter squash is an orange vegetable. For a 2000 calorie diet, it is recommended having about 2 cups of orange vegetables per week. For more information on vegetable serving sizes visit www.mypyramid.gov.