

Recipe Collection

Nutrient Data

2 cups Squash Soup

Nutrition Facts

Serving Size (440g)
Servings Per Container

Amount Per Serving

Calories 160 **Calories from Fat 35**

% Daily Value*

Total Fat 4.0g **6%**

Saturated Fat 1.0g **5%**

Cholesterol 5mg **2%**

Sodium 120mg **5%**

Total Carbohydrate 28g **9%**

Dietary Fiber 7g **28%**

Sugars 17g

Protein 6g

Vitamin A 200% • Vitamin C 50%

Calcium 8% • Iron 10%

*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Savory Squash Soup

Serves 6

Ingredients:

- 1 Tablespoon olive oil
- 2 chopped onions
- 2 chopped carrots
- 2 minced garlic cloves
- 1 cup canned tomato puree
- 5 cups chicken or vegetable broth
- 4 cups cooked winter squash
- 1 ½ Tablespoon dried oregano
- 1 ½ Tablespoon dried basil

Instructions:

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrot and garlic.
3. Cook for about 5 minutes, covered.
4. Stir in the tomato puree, chicken broth, cooked squash, and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

Estimated Cost:

Per Recipe: \$ 4.42

Per Serving: \$ 0.74

Nutrient Data

½ Acorn Squash

Nutrition Facts

Serving Size (239g)
Servings Per Container

Amount Per Serving

Calories 160 **Calories from Fat 35**

% Daily Value*

Total Fat 4.0g **6%**

Saturated Fat 2.0g **10%**

Cholesterol 10mg **3%**

Sodium 35mg **1%**

Total Carbohydrate 34g **11%**

Dietary Fiber 3g **12%**

Sugars 16g

Protein 2g

Vitamin A 20% • Vitamin C 40%

Calcium 8% • 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Honey Acorn Squash

Serves 6

Ingredients

- 3 acorn squash
- 2 Tablespoons orange juice
- 1/4 cup honey
- 2 cups butter or margarine
- 1/8 teaspoon nutmeg (optional)

Estimated Cost:

Per Recipe: \$ 3.07

Per Serving: \$ 0.51

Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. Cut squash in half. Remove seeds and place halves in shallow baking pan.
3. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity.
4. Add 1 teaspoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.
5. Cover pan with aluminum foil to keep steam in.
6. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

Options: Substitute any other winter squash for the acorn squash. Cooking time could vary depending on the type of squash used.



Nutrient Data

½ cup Casserole

Nutrition Facts

Serving Size (80g)
Servings Per Container

Amount Per Serving

Calories 40 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 1g

Vitamin A 40% • Vitamin C 15%

Calcium 2% • Iron 2%

*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

Fall Casserole

Serves 8

Ingredients

2 1/2 cups winter squash, such as acorn, butternut or hubbard

1 1/2 cups cooking apples, such as Macintosh, Granny Smith or Rome

1/2 teaspoon nutmeg

1 teaspoon cinnamon

Instructions

1. Wash and prepare squash and apples (for extra fiber, keep peel on apples).
2. Alternate layers of squash and apples in 8x8 inch pan; end with apples.
3. Sprinkle spices over top layer.
4. Cover with aluminum foil.
5. Bake at 350 degrees Fahrenheit for 45-60 minutes, until squash is tender.

Estimated Cost:

Per Recipe: \$ 0.76

Per Serving: \$ 0.13



Grow Your Own Winter Squash

Plant winter squash in the spring. It grows all summer and should be picked at the mature stage in early autumn before the first frost.

Squash plants are either “vine” or “bush” types.

- For “vine” types, plant seeds one inch deep. Allow plenty of space for these plants to grow, about 7 to 12 feet between rows.
- For “bush” types, allow about 5 feet between rows.

Squash plants require minimal care after the vines cover the ground. Keep plants free from weeds.

Winter squash can be picked when the squash have turned a deep, solid color and the rind is hard. Pick the main part of the crop in September or October, before heavy frosts hits. Cut the squash with two inches of stem remaining. A stem cut too short is like an open wound, which will cause early decay. If picked too early, the squash will lack flavor.

For more information, contact your local Cooperative Extension Educator in the phone book or at <http://www.extension.psu.edu/>

