



Winter Squash

Taste!
York Fresh Food Farms

Grown by us. Prepared by YOU.

Winter squash contains vitamin A, B, C, beta-carotenes and minerals.

- **LOW FAT**
- **CHOLESTEROL-FREE**
- **GOOD SOURCE OF FIBER**

CHOOSE: Pick squash that feel heavy for their size and have hard, tough skin with no cuts or soft spots.

STORE: Keep in a cool, dry place. They can last for a month or more when stored properly.

PREPARE: Wash the squash well. To make it easier to cut, microwave the whole squash for a few minutes. Once slightly softened, cut open, scoop the seeds, and peel the skin.

EAT: Cut into pieces, toss with oil, salt, and pepper, and roast in the oven at 400°F until tender and brown.

Cube and cook in a pot with broth, onions, and spices until soft. Blend until smooth to make a creamy, warm soup.

Cut the squash in half and remove the seeds. Fill the center with a mixture of rice, vegetables, and spices. Bake until the squash is soft and the filling is hot.

Cook peeled and cubed squash until soft. Mash it with a few teaspoons of milk, a pinch of salt, and a sprinkle of cinnamon or nutmeg for a sweet side dish.

0.2g
FAT

40
CALORIES

2g
PROTEIN

1.7g
FIBER

10g
CARBS

*Per 1 cup

Butternut Squash Skillet

INGREDIENTS:

- 1 lb ground turkey (or substitute ground beef or pork)
- 1 butternut squash (about 3 cups peeled and cubed)
- ½ cup vegetable broth
- 1 tbsp olive oil
- 1 small white onion, diced
- 2 cloves garlic, minced or pressed
- 1 red bell pepper, chopped
- Salt and pepper, to taste
- 1 tsp smoked paprika
- ¾ cup shredded cheese
- Fresh cilantro and parsley



INSTRUCTIONS:

- 1 Heat oil in a cast iron skillet. Add ground turkey, onion, garlic and bell peppers and sauté until meat is no longer pink. Season with salt, pepper and paprika.
- 2 Add cubed butternut squash and vegetable broth. Give it a stir so its submerged in broth.
- 3 Cover and turn heat down to a medium low. Cook for 12 minutes or until squash has softened.
- 4 Remove from stovetop and top with shredded cheese. Bake in 400F degrees oven for about 5 minutes or until cheese has melted.
- 5 Garnish with fresh cilantro or parsley and serve.

