

October Veggie – Butternut Squash!

Fun Facts:

- Butternut Squash is one of the longest keeping vegetables, lasting over 3 months when stored properly
- Butternut Squash is a great source of beta-carotene that converts to vitamin A
- It is also a great source of vitamin C, fiber, and polysaccharides that helps regulate and control blood sugar!
- Squash, cucumbers, and melons are all part of the Cucurbit family, but all have different origins. Squash and pumpkins are native to the Americas.
- To bake – remove the ends and cut in half lengthwise. Pierce the squash in a few places and baked until tender. The seeds and skin can easily be removed after it has been baked.

https://www.canr.msu.edu/news/enjoy_the_taste_and_health_benefits_of_winter_squash

<https://fruitsandveggies.org/fruits-and-veggies/acorn-squash/>

https://harvestofthemonth.cdph.ca.gov/documents/Fall/21712/Ed_News_Winter%20Squash.pdf



Butternut Squash on PSD Salad bar!



Butternut Squash Mac & Cheese

Ingredients

- 8 ounces whole-grain macaroni noodles, uncooked
- 1 tablespoon *trans*-fat-free butter spread
- 1 tablespoon whole-wheat flour
- 10 ounce bag (2 cups) cubed frozen butternut squash, thawed
- 2 ounces (½ cup packed) reduced-fat cheddar cheese
- Sea salt, to taste

Directions

Before you begin: Wash your hands.

1. Boil noodles according to directions. Drain and reserve 2 cups pasta water.
2. In pot over medium heat, cook butter spread with flour for 1 to 2 minutes.
3. Whisk in 1 cup pasta water.
4. Add squash and cook/mash until smooth. (Note: Add more pasta water as needed for a smooth cheese-like consistency.)
5. Add cheese and stir until melted.
6. Fold in cooked noodles until combined and season with salt.

Nutrition Information

Serving size: 1 cup

Serves 4

Calories: 300; Total Fat: 6g; Saturated Fat: 2.5g; Trans Fat: 0g; Cholesterol: 10mg; Sodium: 290mg; Total Carbohydrate: 53g; Dietary Fiber: 6g; Sugars: 2g; Protein: 13g.

Recipe adapted from Kids Eat Right

<https://www.eatright.org/food/planning-and-prep/recipes/healthy-mac-and-cheese-recipe>

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