

# Butternut Squash

## Key Points

- For the best buy, choose butternut squash that are heavy and have smooth skins.
- To prepare squash, wash and remove seeds. Leave skin on and bake for 30 minutes at 350° F, or cook over stove top until tender.
- To keep fresh, store in a cool, dry place for up to 3 months.
- Squash contains potassium, which is good for a healthy heart.



## Butternut Squash and Apple Cider

### Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 4 cups seeded and cubed butternut squash
- 3/4 cup apple cider
- 1 tablespoon chopped fresh herbs or 2 teaspoons dried (sage, rosemary, or thyme)
- Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over high heat. Stir in onion and cook until soft.
2. Add butternut squash and apple cider. Cook for about 15 minutes.
3. Stir in herb, salt and pepper to taste. Cook for about 2 minutes.
4. Serve immediately.
5. Refrigerate leftovers.

**Makes 6 servings.**



*Just Say Yes* to Fruits and Vegetables

## Butternut Squash with Collard Greens

### Ingredients:

- 2 tablespoons vegetable oil
- 1 onion chopped
- 1 red bell pepper chopped
- 3 cups peeled seeded and cubed butternut squash
- 3 cups chopped collard greens
- 1/4 teaspoon salt
- Black Pepper to taste

### Directions:

1. Heat the oil in a large pot over medium-high heat. Stir in onion, bell pepper and cook until soft.
2. Add squash and cook covered for 5 minutes.
3. Add 1/2 cup of water, collard greens, salt and pepper. Cook until vegetables are soft, about 8 to 10 minutes.
4. Serve immediately.
5. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Serve Squash as a hearty dish.
- Add Squash to a soup or casserole.
- Try stuffed squash with apples and walnuts.
- Remember to rinse all fruits and vegetables before using.

For more information about Stellar Farmers Markets, visit [www.nyc.gov/health/farmersmarkets](http://www.nyc.gov/health/farmersmarkets)  
Visit our website at [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org) for more great recipes!

This material was funded by USDA's Supplemental Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-342-3009 or go to: [myBenefits.ny.gov](http://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD).