

# Wonderful Winter Squash!

## CHOOSING TIPS

Choose squash that are firm, have a hard, tough skin, free of cracks or soft spots. The skin of winter squash should be dull. Squash that have a shiny skin are immature and not sweet. The size you pick depends on your needs. There is no such thing as an oversized winter squash. One pound serves 2.

## STORAGE

Winter squash can be stored uncut in a cool, dry place. Do not store in a refrigerator. They can keep up to three months.

## PREPARATION

Scrub and wash dirt off skin with cold water. Some types of winter squash can be difficult to cut. When cutting squash use a heavy knife, cut in half (lengthwise), and scoop out seeds. For squash that are impossible to cut before cooking, cook them whole.

## KEY NUTRIENTS

- Vitamin A for vision, healthy skin, and resistance to infection.
- Carbohydrates for energy.



Squash is a very old food plant, dating back to at least 8,000 B.C.

Squash is one of the “three sisters” - along with corn and beans - to Native Americans.

Winter squash has shown potential in cancer prevention.

Almost every part of the squash plant is edible, including the leaves, tendril shoots, stems, flowers, seeds, and fruit.

Squash has also grown to be used as containers (dried gourds).

Squash comes from the Native American word “askutasquash,” translated roughly to “eaten raw or uncooked.”

Squash is a good source of minerals, carotenes, and vitamin A, with moderate quantities of vitamins B and C.

The United States is the biggest importer of squash.

**Bridget Rongner**

FoodWise Coordinator  
Burnett/Sawyer/Washburn Counties  
bridget.rongner@wisc.edu



**Julie Yezek**

FoodWise Nutrition Educator  
Burnett/Sawyer/Washburn Counties  
julie.yezek@wisc.edu



**Kimberly Clark**

FoodWise Nutrition Educator  
Burnett/Sawyer/Washburn Counties  
kimberly.clark@wisc.edu



# Squash Apple Casserole



Adapted from University of Massachusetts Extension Nutrition Education Program. Pumpkin Post/Banana Beat. Squash-Apple Casserole. What's Cooking? USDA Mixing Bowl.

<p><b>Ingredients</b> (6 servings)</p> <p>2-1/2 cups winter squash (such as acorn, butternut or hubbard), washed, peeled and sliced in 1/4-inch slices</p> <p>1-1/2 cups apples (such as Macintosh, Granny Smith or Rome), washed, cored and sliced in 1/4 -inch slices</p> <p>1/2 teaspoon nutmeg</p> <p>1 teaspoon cinnamon</p>	<p><b>Instructions</b></p> <ol style="list-style-type: none"> <li>1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.</li> <li>2. Alternate layers of squash and apples in 8 x 8-inch pan; end with apples.</li> <li>3. Sprinkle spices over top layer.</li> <li>4. Cover with aluminum foil.</li> <li>5. Bake at 350 degrees Fahrenheit for 45-60 minutes or until squash is tender.</li> </ol>
<p><b>Nutrition Information per serving:</b></p> <p>40 calories, 0 g fat, 1 g protein, 11 g carbohydrates, 2 g fiber, 0 mg sodium</p>	

## Reach Your Nutrition Goals

<p><b>Start with small changes</b></p> <p>Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.</p>	<p><b>Take one day at a time</b></p> <p>Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!</p>	<p><b>Be active your way</b></p> <p>Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.</p>
<p><b>Team up</b></p> <p>Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.</p>	<p><b>Celebrate successes</b></p> <p>Think of each change as a “win” as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!</p>	<p><b>List more tips</b></p> <p>_____</p> <p>_____</p> <p>_____</p>

MPMW Tipsheet No. 1  
October 2016  
Center for Nutrition Policy and Promotion  
USDA is an equal opportunity, provider, employer, and lender.

