

EAT WELL, AGE WELL. SQUASH

WHAT ARE SOME DIFFERENT KINDS OF SQUASH?

ZUCCHINI IS THE MOST POPULAR SQUASH AND CAN BE USED IN MANY WAYS. THIS SQUASH ADDS MOISTURE AND BULK TO BAKED GOODS.

DELICATA SQUASH HAS GREEN STRIPES AND HAS A CREAMY FLESH AND SWEET FLAVOR. IT IS DELICIOUS ROASTED OR STUFFED.

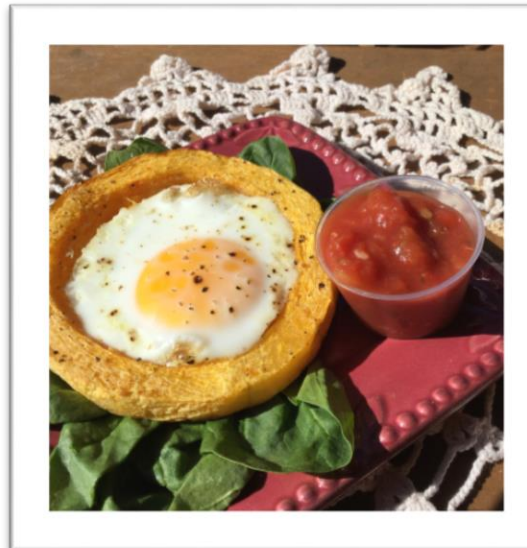
ACORN SQUASH IS AVAILABLE YEAR-ROUND AND HAS 9 GRAMS OF FIBER PER CUP. IT ALSO CONTAINS MORE THAN 25% OF DAILY RECOMMENDED AMOUNT OF POTASSIUM.

YELLOW CROOKNECK IS A BUMPY YELLOW SQUASH WITH A CURVED NECK AND CAN BE STEAMED, BOILED OR SAUTEED. IT IS OFTEN USED IN SOUPS AND STEWS.

Roasted Squash Breakfast

Ingredients:

- 1 ½ cups delicate or butternut squash, cut in 1/3-inch slices
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon salt
- Eggs (1 for each squash circle)
- Shredded cheese (optional)
- Salsa or Sriracha Sauce



Photos by Pam VanKampen

Directions

1. Preheat oven to 425°F.
2. Place olive oil on a plate and coat the squash on both sides. Season as desired and place in a baking pan.



3. Bake for 15 to 20 minutes. Remove pan and allow to cool for 1 to 2 minutes.
4. In the same pan, crack an egg into each of the hollow squash centers.
5. Put back into the 425°F oven and bake for another 15 minutes.
6. Remove and top with cheese and bake 5 more minutes or until melted.
7. Serve hot with salsa or Sriracha Sauce on spinach bed, toast or a plate.

EAT WELL, AGE WELL. SQUASH

FUN FACTS ABOUT SQUASH

SQUASH IS A MEMBER OF THE GOURD FAMILY AND IS CONSIDERED ONE OF THE OLDEST CROPS THAT WAS CULTIVATED IN THE WESTERN HEMISPHERE. ESTIMATES DATE IT BACK TO NEARLY 8,000 YEARS AGO!

SUMMER SQUASH COMES IN ALL DIFFERENT SHAPES AND SIZES. UNLIKE WINTER SQUASH, SUMMER SQUASH GROWS VERY QUICKLY AND HAS THIN EDIBLE SKIN AND SEEDS. IN ADDITION, IT HAS A SHORT SHELF LIFE, LASTING ONLY A WEEK IN THE REFRIDGERATOR.

WHEN SHOPPING FOR SUMMER SQUASH, CHOOSE FIRM SQUASH WITH UNBLEMISHED SKIN.

Summer Squash Bread

Ingredients:

- 3 eggs beaten
- 2 cups white sugar (or 1 cup sugar and 1 cup Stevia)
- 1 cup vegetable oil
- 2 teaspoons vanilla extract
- 3 cups all-purpose flour
- 3 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 2 teaspoons ground nutmeg
- 2 cups shredded summer squash
- ¼ cup Sunflower seed kernels (optional)
- 1/3 cup raisins



Photos by Pam
VanKampen

Directions

1. Preheat oven to 325°F. Grease a bundt pan.
2. In a large bowl, use an electric mixer to beat the eggs until fluffy. Beat in the sugar, oil, and vanilla. Gradually mix in the flour, baking powder, cinnamon, and nutmeg. Fold in the squash, raisins and sunflower kernels. Transfer to the prepared baking dish.
3. Bake 45 minutes in the preheated oven, until a knife inserted in the center comes out clean.



Adapted from: <http://allrecipes.com/recipe/75200/summer-squash-bread/?internalSource=staff%20pick&referringId=1093&referringContent Type=recipe%20hub&clickId=cardslot%203>

GWAAR Nutrition Team in Collaboration with UW Stout
Dietetic Students by Nicki Lehtinen

EAT WELL, AGE WELL. SQUASH

WHY IS SQUASH GOOD FOR YOU?

SQUASH HAS VARIOUS NUTRITIOUS QUALITIES THAT PROVIDE US WITH HEALTH BENEFITS.

FOR EXAMPLE, SQUASH IS VERY LOW IN CALORIES. JUST ONE CUP HAS LESS THAN 20 CALORIES. THIS IS BECAUSE THE WATER CONTENT IS MORE THAN 90%. HOWEVER, EVEN THOUGH IT IS MADE UP PRIMARILY OF WATER, IT IS AN EXCELLENT SOURCE OF VITAMIN C AND POTASSIUM.

IN ADDITION, LIKE ALL FRUITS AND VEGETABLES, IT CONTAINS POWERFUL PHYTOCHEMICALS WHICH HELP PROTECT OUR HEALTH WHICH IS A BENEFICIAL PART TO ANY HEALTHY DIET.

Butternut Squash & Black Bean Tacos

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon chili powder or taco seasoning
- 4 cups butternut or acorn squash, peeled, halved lengthwise, seeded and cut into ½ inch slices
- 1 onion, chopped
- ½ cup shredded red cabbage or lettuce (optional)
- 1 (14.5 oz.) can black beans, rinsed/drained
- ¼ cup fresh cilantro, chopped (optional)
- 1 ripe avocado, peeled (Sliced or Mashed)
- Salt and freshly ground pepper to taste
- 1 lime, cut into wedges
- 8 corn tortillas



Photo by Pam
VanKampen

Directions

1. Preheat oven to 425°F.
2. Spread squash on a large baking sheet. In a small bowl, stir together chili powder, garlic, oil, and ¼ tsp salt and 1/8 tsp pepper; pour over squash and toss to coat.
3. Place into the oven and roast for about 20 minutes until tender when pierced with a knife, turning it once.
4. Combine the bell pepper and onion in a large skillet over medium-high heat with ¼ cup of water.
5. Combine the black beans, salt and black pepper in a medium-sized saucepan. Stir and cook for 5 minutes. Lightly smash with the back of the spoon.
6. Warm the tortillas in microwave or skillet for a few seconds
7. Fill the tortillas with squash, black beans, peppers, avocado and cilantro.
8. Serve with lime wedges. Other possible toppings include shredded cheese, sour cream or Greek yogurt, hummus and hot sauce.

Adapted from: <https://foodandnutrition.org/blogs/stone-soup/butternut-squash-black-bean-tacos/>

GWAAR Nutrition Team in Collaboration with UW Stout
Dietetic Students by Nicki Lehtinen

EAT WELL, AGE WELL. SQUASH

WINTER SQUASH

WINTER SQUASH ARE GROWN YEAR-ROUND BUT TYPICALLY PLANTED IN THE SUMMER AND HARVESTED BEFORE THE FIRST FROST.

THEY ARE A GOOD SOURCE OF BETA-CAROTENE, VITAMIN C, POTASSIUM AND FIBER. THE SEEDS, WHETHER ROASTED OR DRIED, ARE A GREAT SNACK THAT PROVIDE PROTEIN AND MAGNESIUM.

ALTHOUGH THE GOURDS CAN BE EATEN RAW, THE FLAVORS TRULY COME ALIVE ONCE THEY ARE COOKED. THEY CAN BE PREPARED IN SWEET OR SAVORY RECIPES AND ARE OFTEN ROASTED.

SIZES VARY FROM 1 POUND SWEET DUMPLING TO THE HUBBARD SQUASH, WHICH CAN WEIGH UP TO 20 POUNDS!



Photo by Pam VanKampen

Butternut Squash Soup

Ingredients:

- 1 small butternut squash (cut in half)
- 1 apple, peeled and cut into cubes
- 1 small yellow onion, diced
- 1 tablespoons olive oil
- 1 teaspoon salt
- ½ cup low-sodium vegetable broth
- ½ cup low-fat milk
- Seasonings of your choice

Directions

1. Preheat oven to 400°F.
2. Place the butternut squash and apple pieces on a baking sheet and roast in the oven. Remove the apple pieces after 20 minutes, or when soft.
3. While the squash continues cooking, sauté diced onions, olive oil and salt in a pan over medium-low heat. Stir occasionally; cook until onions are soft, about 5 minutes.
4. Remove the squash after it has cooked, 40 minutes in total, or when soft. Carefully cut the squash in half or quarters; set aside to cool for about 10 minutes.
5. Add cooked onions and vegetables broth to a blender, and puree until smooth.
6. Scoop out the flesh of the butternut squash and discard the skin. Add cooked squash and apple to blender and puree. Slowly add milk while pureeing until smooth. Serves 4.

Adapted from: <https://foodandnutrition.org/blogs/stone-soup/one-simple-trick-easier-butternut-squash-soup/>

GWAAR Nutrition Team in Collaboration with UW Stout
Dietetic Students by Nicki Lehtinen