

# EAT WELL, AGE WELL. WINTER SQUASH.

## Winter Squash Nutrition Facts

**Includes:** Vitamin A, Vitamin C, Vitamin E, iron, potassium, calcium, magnesium, and manganese

**\*Especially a good source of vitamin A & C, potassium, and fiber**

### Benefits:

- Reducing some cancer risks
- Reduce risk of macular degeneration
- Helps prevent heart disease and asthma
- May help to control blood sugar levels
- Potassium levels assist in regulating blood pressure
- Aids immune system to fight infections and heal wounds
- Improves eyesight
- Low in calories

Information adapted from [medicalnewstoday.com](http://medicalnewstoday.com),  
[healthline.com](http://healthline.com)

## Squash and Chicken Sausage Hash: Serves 2-3



Photos Courtesy of  
[pixabay.com](http://pixabay.com)

### Ingredients:

- 1 tbsp olive oil
- 1 c cubed butternut squash
- 1/16 tsp salt
- 1/8 tsp pepper
- 1/4 c chopped onion
- 6 oz fully cooked chicken sausage, cut into 1/2 inch slices
- 1/2 c sliced mushrooms
- 1/4 c chopped red pepper
- 1/4 c chopped green pepper
- 1/2 tsp garlic powder



### Directions

1. Pour oil into a large skillet and heat on the stove over medium heat.
2. Add the squash and sprinkle with salt and pepper. Let the squash cook for 8-10 minutes, stirring occasionally, until crisp-tender.
3. Once the squash is tender, add sausage, mushrooms, peppers, and garlic powder.
4. Continue to let it cook while stirring for 10-12 minutes until it is tender.
5. Sprinkle parsley if wanted to add extra flavor on top and serve!

Recipe adapted from [tasteofhome.com](http://tasteofhome.com)

GWAAR Nutrition Team in Collaboration with UW Stout  
Dietetic Students by Abby Hassing 11-22

# EAT WELL, AGE WELL: WINTER SQUASH

## Winter Squash

Produce selections can seem sparse in the wintertime. Embrace the cold season by trying winter squash. Winter squash is characterized by its lively colors, dense texture, and firmness.

Common winter squash varieties are butternut, spaghetti, acorn, and pumpkins. Winter squashes contribute unique flavor while adding important nutrients, like carotenoids, protein, vitamin C, vitamin B6, and fiber.

Cozy up and experiment with winter squash dishes like soups, stews, casseroles, and baked goods this wintertime!

For more information, visit

<https://www.hsph.harvard.edu/nutritionsource/food-features/winter-squash/>

## Roasted Honey and Pecan Acorn Squash

Servings: 4

### Ingredients:

- 2 small to medium acorn squash, halved
- 1/8 cup brown sugar
- 1/8 cup butter, melted
- 2 tablespoons honey
- ¼ cup pecans, crushed

Recipe adapted from: [www.savvysavingcouple.net](http://www.savvysavingcouple.net)

*“In seed time learn, in harvest teach, in winter enjoy.” – William Blake*

## Directions

1. Preheat the oven to 375 degrees Fahrenheit.
2. Wash and slice each squash in half. Remove the seeds.
3. In a bowl, combine the pecans, brown sugar, honey, and melted butter. Stir well.
4. Spread a thin layer of the topping on each squash half.
5. Roast for 40-65 minutes so the squash is tender. Serve hot.



Photo courtesy of Pexels.com

# EAT WELL, AGE WELL. WINTER SQUASH.

## Winter Squash

Crunchy, flaky, and hearty food that will easily sum up my evening. Winter squash is warm and filling with the fiber it provides. I can imagine a small piece of chicken and a side of winter squash along with it. This is warm food for November. It's almost impossible to eat healthy, cheap, and quick food; I can assume it's difficult for anyone, but not with this dish. In fact, you could easily eat squash in other ways like boiled, baked, steam roasted or fried!

This recipe is incredibly simple: all there is to it is slicing the winter squash into wedges and baking. Practically the easiest you can get here. Winter squash are really under looked and have a great source of vitamin C and beta-carotene which may slow macular degeneration or chronic disease. All in all, you can effortlessly make a tender winter squash for yourself or for a large family.

Recipe adapted from:

<https://www.allrecipes.com/recipe/232280/parmesan-roasted-acorn-squash/>

## Parmesan Roasted Acorn Squash



### Ingredients:

- 1 Acorn squash, halved lengthwise, seeded, and cut into  $\frac{3}{4}$  in slices
- $\frac{1}{4}$  c grated Parmesan cheese
- 8 sprigs of fresh thyme or  $\frac{1}{2}$  tsp dried
- 2 tbsp olive oil
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp black pepper

## Directions (Serves 3-4)

1. Preheat oven to 400°F.
2. Toss squash slices into the olive oil.
3. In a mixing bowl, evenly spread the other seasonings over the slices.
4. Roast the slices for 25-30 minutes.
5. It's ready when the slices are golden brown and tender.



Photos courtesy of Pixabay.com

*“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome”*  
*-Anne Bradstreet*



# EAT WELL, AGE WELL: WINTER SQUASH

## Winter Squash

Eating winter squash just got a whole lot easier in the form of soups. By blending the squash, you will get a thick and flavorful meal, while consuming squash in the soup. It is easy to reheat while still maintaining its delicious flavor.

There are many benefits from eating winter squash like how they are high in nutrients, but low in calories. Winter squash also provides a lot of vitamin C and beta-carotene. Squash also contains a lot of B-6 vitamin along with antioxidants.

Make sure to enjoy this flavorful soup on a cool fall day!

## Winter Squash Soup

### Ingredients:

- 1 tbsp butter
- ½ tbsp olive oil
- ½ large onion (*chopped*)
- 1 stalk celery (*chopped*)
- 1 ¼ lbs. or 1 winter squash (*cut into chunks*)
- ½ tbsp honey
- 2 ½ c chicken stock
- Salt and Pepper to taste
- Parsley (*fresh*) (*optional*)

Recipe adapted from: <https://www.errenskitchen.com>



Photo from [Unsplash](https://www.unsplash.com)

## Directions

1. Melt the butter and oil in a large sauce pan. Add the onions and celery, cook until really soft. (About 15 minutes)
2. Add the squash, stirring for 5 mins.
3. Add the honey and chicken stock, bring to a simmer, and cook until squash is tender.
4. Remove from heat and use a hand blender, blitz until smooth. (Add a little more stock or water if soup is too thick).
5. Season with salt and pepper to taste.
6. Sprinkle with chopped parsley (Optional)

Yields: 2 Servings