

Butternut Squash

Butternut Nutrition:

- It has more Vitamin A than a pumpkin and contains 354% of the DV for Vitamin A!
- It contains more than 6 g fiber in each cup!
- It contains many phytonutrients and antioxidants to help reduce risk of chronic diseases, such as cancer.
- This sweet and nutty flavored squash also contains lots of potassium of Vitamin B6.



Make it at Home!

Butternut Squash Soup

Ingredients:

- 1 Butternut Squash
- 1 medium sweet onion
- 3-4 cups reduced-sodium chicken or vegetable broth
- 1 Tbsp margarine
- Optional Spices: Nutmeg, Pepper, Salt

Directions:

1. Dice onion. Place in large pot and let simmer with butter.
2. While onions are cooking, peel squash. Chop off both ends then cut in half lengthwise to remove seeds. Cube remaining halves.
3. Place cubes into large pot with onions. Add the broth and boil until squash is tender.
4. Let cool and then transfer pot contents into large blender or food processor. Puree until smooth.
5. Add spices to taste and reheat to serve.



Fun Facts!

- Butternut squash is one of the most popular winter squash varieties.
- Butternut squash is in the same family as pumpkins. Australians call it “butternut pumpkin.”
- It is one of the longest lasting vegetables; when stored properly, it can last for over 3 months!
- There is evidence of squash cultivation dating back to at least 8,000 BC in Central Mexico, Peru, and the Eastern United States.
- It has more Vitamin A than a pumpkin and contains 354% of the DV for Vitamin A!

References:

Moore, Marissa. “Winter Squash.” <https://foodandnutrition.org/>
“All about butternut squash.” <http://visaliafarmersmarket.com>
“Random Squash Facts.” <http://swampyacresfarm.com>