



## Winter Squash, Butternut

MyPlate Food Group: **Vegetable**

USDA  
**Foods**

### Nutrition Information

- 1 cup of raw butternut squash counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Starchy vegetables like butternut squash contain carbohydrates which give you energy.
- Butternut squash is an important source of many nutrients including vitamin A and antioxidants like lutein which is important for eyesight.

### Uses and Tips

- Butternut squash can be cubed and roasted in the oven for a hearty side dish.
- Serve cooked, mashed butternut squash as an alternative to mashed potatoes. Get creative and top with raisins, pineapples, or even nuts. Warm in the oven until the squash is warmed and toppings are lightly toasted.
- Pureed butternut squash can be used in place of pureed or canned pumpkin in many baked recipes.

### Storing Foods at Home

- Do not wash butternut squash until ready to eat.
- Butternut squash should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

### MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



## USDA Foods

### Autumn Squash Soup

Makes 10 servings

#### Ingredients:

- 2 teaspoons vegetable oil
- 2 cups onions , sliced
- 2 pounds butternut squash, peeled, seeded, and cut into 2-inch cubes (4 cups)
- 2 pears, peeled, cored, and diced
- 2 cloves garlic, peeled and crushed
- 1 teaspoon powdered ginger
- ½ teaspoon thyme
- 4 cups chicken or vegetable broth
- 1 cup water
- 1 tablespoon lemon juice
- ½ cup plain non-fat yogurt

Recipe adapted from *Second Harvest Kitchen*

**Directions:** Wash hands with soap and water.

1. Heat oil in a large pot over medium heat.
2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
3. Add squash, pears, garlic, ginger, and thyme and cook for 1 minute.
4. Add broth and water; bring to a simmer. Reduce heat to low, cover, and simmer until squash is tender, 35 to 45 minutes.
5. Puree soup, in batches if necessary, in a blender.
6. Return soup to pot and heat through. Stir in lemon juice. Garnish each serving with a spoonful of yogurt.

### Butternut Squash and Black Beans

Makes 4 servings

#### Ingredients:

- 1 butternut squash, small
- 1 teaspoon vegetable oil
- 1 onion small, chopped
- ¼ teaspoon garlic powder
- ¼ cup apple cider vinegar
- ¼ cup water
- 2 cans (15.5 ounces) black beans, low or no added salt, drained and rinsed
- ½ teaspoon oregano (optional)

Recipe adapted from *EatFresh.org*

**Directions:** Wash hands with soap and water.

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife. Cut the squash into ½ inch cubes.
3. Peel and chop the onion.
4. In a large pan, heat the oil. Add the onion, garlic powder, and squash. Cook for 5 minutes on medium heat. Add vinegar and water. Cook on low heat till the squash is tender, about 10 minutes.
5. Add the beans and oregano (optional). Cook until the beans are heated through.