



MAKE YOUR FOOD DOLLARS COUNT

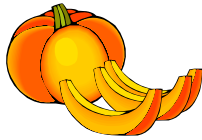
A Publication of Cornell Cooperative Extension of Herkimer County

Enjoy Winter Squash

Winter squash and pumpkins are plentiful in the fall and can be used interchangeably in recipes (except for spaghetti squash which has a different texture). They are a good source of Vitamin A and can be used in a variety of ways. Here are a few ideas:

Butternut Squash Soup

- 2 Tablespoons butter
- 1 onion, chopped
- 2 garlic cloves, minced
- 3 carrots, diced
- 2 celery stalks, diced
- 1 potato, peeled and diced
- 1 butternut squash, peeled, seeded and diced
- 3 (14.5 ounce) cans low sodium chicken broth
- 1/2 cup honey
- 1/2 teaspoon dried thyme leaves, crushed



In a large pot, melt butter over medium heat. Stir in onions and garlic. Cook and stir until lightly browned, about 5 minutes. Stir in carrots and celery. Cook and stir until tender, about 5 minutes. Stir in potatoes, squash, chicken broth, honey and thyme. Bring mixture to boil; reduce heat and simmer 30 to 45 minutes or until vegetables are tender. Remove from heat and cool slightly. Transfer mixture to blender or food processor; process until smooth. Return pureed soup to pot. Season to taste. Heat until hot and serve.

Yield: 10 servings; serving size 1/2 cup, (120 calories, 2.5 grams fat, 5 mg cholesterol, 120 mg sodium)



Pumpkin Muffins

- 1-1/2 cups all purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 cup apple juice concentrate
- 1 egg
- 1/2 cup mashed, cooked pumpkin or winter squash
- 1/2 cup skim milk
- 1/4 cup oil
- 3/4 cup raisins, (optional)



Combine flour, baking powder, nutmeg, and cinnamon in large bowl. Mix apple juice concentrate, milk, egg, oil, and pumpkin in medium bowl. Add wet ingredients to dry ingredients. Stir until moistened. (Batter will be slightly lumpy.) Fold in raisins if desired. Pour batter into 12 lined muffin tin cups, filled half full. Bake at 400°F for 20 minutes.

Yield: 12 servings; serving size 1 muffin, (140 calories, 5 grams fat, 15 mg cholesterol, 50 mg sodium)

Mystery Parfait

- 1 package (3.4 oz) instant vanilla pudding
- 1 cup low fat milk
- 1 cup canned pumpkin (or fresh cooked)
- 1 teaspoon pumpkin pie spice
- gingersnap cookies
- low-fat whipped topping (if desired)



Mix pudding, milk, pumpkin and pie spice. In a small clear plastic cup, place a gingersnap, then a spoonful of pudding mixture. Repeat. Top with a Tablespoon of low-fat whipped topping if desired.

Variation: Pudding mixture can be poured into a baked pie shell or graham cracker crust. Chill and serve.

Yield: 6 servings; serving size 1 parfait, (140 calories, 1.5 grams fat, 0 mg cholesterol, 350 mg sodium)

Squash Apple Casserole

- 2 1/2 cups fresh winter squash, cut into 1/2-inch slices
- 1 1/2 cups cooking apples, pared and cut into 1/2-inch slices
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 cup brown sugar

Alternate layers of squash and apples in an 8" X 8" pan, ending with apples on top layer. Mix spices and sugar and sprinkle over top layer. Cover pan with aluminum foil and bake in 350°F oven for approximately 45 - 60 minutes, until squash is tender. Remove foil and bake another 10 - 15 minutes to remove any excess liquid that might have accumulated. Cool slightly before serving.

Yield: 8 servings; serving size 1/2 cup, (51 calories, 0 grams fat, 0 mg cholesterol, 0 mg sodium)

Taco Pumpkin Seeds

- 1 cup seeds from freshly cut pumpkin, washed and dried
- 2 tablespoons vegetable oil
- 1 to 2 tablespoons taco seasoning (low sodium)
- 1/4 to 1/2 teaspoon garlic powder

In a skillet, sauté pumpkin seeds in oil for 5 minutes or until lightly browned. Using a slotted spoon, transfer seeds to an ungreased 15-inch X 10-inch baking pan. Sprinkle with taco seasoning and garlic powder; stir to coat. Spread into a single layer. Bake at 325°F for 15-20 minutes or until crisp. Remove to paper towels to cool completely. Store in an airtight container for up to 3 weeks. **Yield:** 4 servings; serving size 1/4 cup (110 calories, 10 grams fat, 0 mg cholesterol, 230 mg sodium)



Tips

- Squash, pumpkin, yams, sweet potatoes, and carrots can be used interchangeably in recipes.
- To use fresh pumpkin in pumpkin or squash recipes (fresh cooked pumpkin can be used in any recipe calling for fresh or canned pumpkin or winter squash): Mash cooked pumpkin. Place in strainer for 30 minutes to drain excess liquid. One pound of pumpkin or squash yields about 6-1/2 cups.
- An easy way to cut large squash or pumpkin is to bake at 350°F for 15-20 minutes whole. This makes the squash more tender and easier to cut in half or divide.

Free Nutrition Education Programs



Nutrition staff are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

Contact:

Cornell Cooperative Extension
5657 State Rt. 5,
Herkimer, NY 13350
(315) 866-7920



Varieties of Winter Squash:

Those varieties most commonly grown are: acorn, butternut, Hubbard, buttercup, kabochas, delicata, and pie pumpkin. Spaghetti squash is also classified as a winter squash variety.



Selection:

Select winter squash that are heavy for their size, have hard rinds, and good coloring and shaping for the variety without severe blemishes. Rinds that are soft or tender are immature and lack flavor and texture. Winter squash with some sort of stem attached will store longer. Jack-O-Lantern pumpkins tend to be very stringy so are usually not suitable to eat.



Storage:

Store winter squash with stems attached after letting any cuts or wet wounds heal (they should be dry and may form something like a scab over wounds). Store winter squash out of direct light, and at a cool stable temperature. Different varieties of winter squash store for different lengths of time, with Hubbards, kabochas, and buttercups lasting the longest and acorns and butternuts the shortest.



How to Prepare:

Winter squash and pumpkin are usually washed, halved, and seeds and strings are removed before further treatment. Small varieties can be baked whole if poked with a fork several times to allow steam to escape.

Small varieties, such as acorn squash, are left whole or are cut in halves or rings. Bake them in a shallow pan at 350°F, cut sides down, with a little water, for 35 to 40 minutes. Turn cut sides up and bake 20 to 25 minutes more. Cover the pan the first half hour of baking to speed the cooking process. These squash may also be peeled, cubed, and cooked in a small amount of boiling water. Cover and cook the squash until tender, about 15 minutes.

Large squash are either cut in serving-sized pieces or are peeled and cubed. Serving-sized pieces may be placed on a baking sheet, covered with foil, and baked at 350°F until tender.

Squash can also be microwaved. Check your owner's manual for process and times.

Need help paying your grocery bill? Food Stamps can help!

Call (315)894-9917 today

Nutrition Outreach & Education Program of Catholic Charities of Herkimer County

Cornell Cooperative Extension
Of Herkimer County
5657 NYS Rt. 5
Herkimer, NY 13350

NON PROFIT PRST STD
US POSTAGE PAID
Herkimer, NY 13350
Permit No. 25

Return Service Requested