

WINTER SQUASH

Squash is highly versatile, and for most recipes you can use any variety of squash. Squash is a good source of potassium and fiber and high in the nutrient beta-carotene.



HOW TO CHOOSE

- Should feel heavy for its size, flesh should be firm with no soft spots.

HOW TO PREPARE

- Wash, cut in half, and use a spoon to remove seeds (save and roast the seeds!)
- Cut into desired size. Peel squash if cutting into bite-size pieces. If cutting into halves or quarters, leave skin intact.
- Prepare squash the same way you would prepare potatoes. Think: roast, mash, gratin, boiled, microwave, stews, soups and curries.
- Acorn and Delicata have edible skins. For other varieties of squash, peel before cooking or cut in half, roast until tender and scoop out flesh.

HOW TO STORE

- Dark, cool and ventilated place (can store at room temperature for several months if no rot is present).
- After squash is chopped, wrap and store in the fridge.

HOW TO FREEZE

- Wash, cut lengthwise and remove seeds with a spoon.
- Peel or leave skin intact depending on what type of squash you are preparing.
- Roast at 230°C until tender.
- Put into an air-tight container and freezer.

SQUASH VARIETIES



Butternut



Pumpkin



Acorn



Buttercup



Spaghetti



Delicata

For more information, visit thefoodbank.ca/food

WINTER SQUASH

Squash is highly versatile, and for most recipes you can use any variety of squash. Squash is a good source of potassium and fiber and high in the nutrient beta-carotene.



HOW TO CHOOSE

- Should feel heavy for its size, flesh should be firm with no soft spots.

HOW TO PREPARE

- Wash, cut in half, and use a spoon to remove seeds (save and roast the seeds!)
- Cut into desired size. Peel squash if cutting into bite-size pieces. If cutting into halves or quarters, leave skin intact.
- Prepare squash the same way you would prepare potatoes. Think: roast, mash, gratin, boiled, microwave, stews, soups and curries.
- Acorn and Delicata have edible skins. For other varieties of squash, peel before cooking or cut in half, roast until tender and scoop out flesh.

HOW TO STORE

- Dark, cool and ventilated place (can store at room temperature for several months if no rot is present).
- After squash is chopped, wrap and store in the fridge.

HOW TO FREEZE

- Wash, cut lengthwise and remove seeds with a spoon.
- Peel or leave skin intact depending on what type of squash you are preparing.
- Roast at 230°C until tender.
- Put into an air-tight container and freezer.

SQUASH VARIETIES



Butternut



Pumpkin



Acorn



Buttercup



Spaghetti



Delicata

For more information, visit thefoodbank.ca/food

ROASTED ACORN SQUASH

Serves 2 | Prep: 5 mins | Cook: 40-60 mins

Difficulty level: Easy to Moderate



INSTRUCTIONS

1. Preheat oven to 200°C
2. Cut washed squash in half, lengthwise. Once squash is cut in half, use a spoon to remove seeds. Reserve seeds for roasting if desired.
3. Now it is time to season. Squash can be seasoned with any combination of spices but some of the best seasonings are the most simple. Try these common seasoning combinations:
 - Basic:** oil, salt & pepper. Optional: grated parmesan cheese, parsley, squeeze of lemon
 - Sweet:** oil, sweetener (honey, brown sugar, maple syrup), spices (cinnamon and/or nutmeg), salt
 - Herb:** oil, herbs* (dry or fresh), salt & pepper *try rosemary, thyme, basil, oregano, sage, parsley
 - Spicy:** oil, warming spices (curry powder, cumin, ginger, cayenne), salt & pepper
4. To season: add enough oil to thinly coat each piece, add seasonings to taste, toss with hands to evenly distributed seasonings.
5. Place squash, cut-side up, on a baking sheet. Bake squash until brown on edges and tender, 40 -60 minutes. Squash is done when a fork can be inserted into the flesh with little effort, similar to a baked potato.

For more information, visit thefoodbank.ca/food

ROASTED ACORN SQUASH

Serves 2 | Prep: 5 mins | Cook: 40-60 mins

Difficulty level: Easy to Moderate



INSTRUCTIONS

1. Preheat oven to 200°C
2. Cut washed squash in half, lengthwise. Once squash is cut in half, use a spoon to remove seeds. Reserve seeds for roasting if desired.
3. Now it is time to season. Squash can be seasoned with any combination of spices but some of the best seasonings are the most simple. Try these common seasoning combinations:
 - Basic:** oil, salt & pepper. Optional: grated parmesan cheese, parsley, squeeze of lemon
 - Sweet:** oil, sweetener (honey, brown sugar, maple syrup), spices (cinnamon and/or nutmeg), salt
 - Herb:** oil, herbs* (dry or fresh), salt & pepper *try rosemary, thyme, basil, oregano, sage, parsley
 - Spicy:** oil, warming spices (curry powder, cumin, ginger, cayenne), salt & pepper
4. To season: add enough oil to thinly coat each piece, add seasonings to taste, toss with hands to evenly distributed seasonings.
5. Place squash, cut-side up, on a baking sheet. Bake squash until brown on edges and tender, 40 -60 minutes. Squash is done when a fork can be inserted into the flesh with little effort, similar to a baked potato.

For more information, visit thefoodbank.ca/food