

# Hubbard Squash



**Selection** - Choose squash with a deep color and smooth, dry skin, free from cracks and spots. Squash can be orange or blue-green.

**Storage** - Store unwashed in a cool, dry place. Make sure to wash before cooking (stays fresh for up to 3 months).

**Nutrition** - Potassium, a mineral your body needs, in hubbard squash supports heart health.

## 3 EASY WAYS TO USE HUBBARD SQUASH

- To bake hubbard squash, cut washed squash in half end to end; remove the seeds and stem. Rub inside of squash with olive oil and place face down on baking sheet with a thin layer of water. Cook at 375 degrees for 45-60 minutes or until soft.
- To make mashed squash, scoop out baked squash and place in a bowl. Mash with fork until smooth. Add 1/2 cup milk and garlic powder.
- To make a soup, blend cooled, cooked hubbard squash with 2 cups chicken broth or water and onion powder. Pour into pan and cook for 10-15 minutes. Serve soup with a small spoonful of sour cream.

# Breakfast Squash Cookies

Makes 48 Servings

## Ingredients

- ☐ 1 3/4 cups winter squash (butternut, hubbard, pumpkin, etc.), cooked and pureed
- ☐ 1 1/2 cups brown sugar
- ☐ 2 eggs
- ☐ 1/2 cup vegetable oil
- ☐ 1 1/2 cups flour
- ☐ 1 1/4 cups whole wheat flour
- ☐ 1 tablespoon baking powder
- ☐ 2 teaspoons cinnamon
- ☐ 1 teaspoon nutmeg
- ☐ 1/4 teaspoon ground ginger
- ☐ 1 cup raisins
- ☐ 1 cup walnuts, chopped

## Directions

1. Preheat oven to 400 degrees.
2. Mix pureed squash, brown sugar, eggs and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 10-12 minutes until golden brown.

Recipe adapted from: Oregon State University Cooperative Extension Service,  
MyPlate Kitchen <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/breakfast-pumpkin-cookies>

