

# Butternut Squash

**Selection** - Choose squash that feel heavy and have no soft spots or cuts.

**Storage** - Store unwashed in a cool, dark place. Make sure to wash before cooking (stays fresh for up to 1 month).

**Nutrition** - Vitamin A in butternut squash supports healthy eyes and healthy skin.



## 3 EASY WAYS TO USE BUTTERNUT SQUASH

- To bake butternut squash, cut in half end to end; remove the seeds and stem. Drizzle inside of squash with olive oil and place cut-side up in baking dish. Bake at 375 degrees for 45-50 minutes or until soft. Scoop out inside and remove skin.
- To make a soup, blend cooked butternut squash with chicken broth or vegetable broth; season with cinnamon, ginger, salt and pepper to taste. Sweet potatoes and carrots can also be blended with butternut squash.
- To roast butternut squash, peel hard outer skin and cut in half end to end. Remove seeds. Chop into bite-size pieces and put on baking sheet. Drizzle with olive oil and spices. Bake at 375 degrees for 35-45 minutes or until soft. Roast with Brussels sprouts and chicken sausage for a meal.

# Black Bean and Butternut Squash Quesadillas

Makes 4 Servings

## Ingredients

- ☐ Non-stick cooking spray
- ☐ 1 small butternut squash, cooked and mashed
- ☐ 1 cup black beans, canned
- ☐ 1 small onion, chopped
- ☐ 1 clove garlic, chopped
- ☐ 1 1/2 teaspoons ground cumin
- ☐ 1 1/2 teaspoons paprika
- ☐ 1/2 large chili pepper
- ☐ 2 tablespoons sour cream, low-fat or reduced fat plain yogurt
- ☐ 8 whole wheat tortillas
- ☐ 1/4 cup cheddar cheese, reduced-fat
- ☐ 1/2 cup baby spinach

## Directions

1. Sauté onion and garlic (using nonstick cooking spray) in a medium size pan until soft.
2. Add mashed butternut squash, black beans, spices and jalapeno.
3. Heat until just warm.
4. Spread squash mixture over tortilla, then top with baby spinach, cheese and onion.
5. Top with second tortilla.
6. Heat a pan on high heat and spray with nonstick cooking spray.
7. Brown quesadilla about 1 minute on each side, until the inside is warm, and the cheese is melted.

Recipe adapted from: Bronson Wellness Center, MyPlate Kitchen  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/black-bean-and-sweet-potato-quesadillas>

