

# 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.

# BBQ Butternut Squash Chili

Makes 4-6 Servings

## Ingredients

- ☐ 1 (15 ounce) can of beef or 1 pound ground meat
- ☐ 1 (28 ounce) can diced or whole tomatoes
- ☐ 2 (15 ounce) cans of beans (such as kidney, black, pinto, Great Northern, etc.)
- ☐ 1 small onion, chopped
- ☐ 2 cups butternut squash, cubed
- ☐ 2 teaspoons salt
- ☐ 2 teaspoons black pepper
- ☐ 2 tablespoons chili powder
- ☐ 1/4 cup BBQ sauce (optional)

## Directions

1. Drain juices from canned beef and beans and add into a large pot. If using ground meat, cook, drain grease and then add beans into a large pot. Add canned tomatoes with juices into the same pot.
2. Chop onion in small pieces. Peel squash and cut in half from end to end. Remove seeds. Cut into 1/2-inch pieces. Add onions and squash to large pot. Season ingredients with salt, black pepper and chili powder. If adding BBQ sauce, add now.
3. Turn the heat to medium and bring the mix to simmer (bubble). Stir every few minutes to prevent burning. After 15 minutes turn heat to low. Cook until squash is tender (soft), then serve.

