

ASK YOUR
CHILD ABOUT
WINTER
SQUASH!



WINTER SQUASH!

This month we are learning all about winter squash. Squash are gourds. Squash come in two varieties: summer and winter. Winter squash are delicious roasted, baked, boiled, sautéed or microwaved. Find winter squash at your local farmer's market or supermarket. Squash with darker yellow or orange flesh are extra nutritious!

CLASS RECIPE - TRY IT AT HOME!

★ PRODUCE TIPS

- Winter squash have hard, inedible skins.
- Choose firm squash that are heavy for their size.
- Varieties include acorn, butternut, delicata, hubbard, kabocha, pumpkin, and spaghetti.
- You can store whole winter squash in a cool, dry place for up to three months.



KIDS CAN COOK: WINTER SQUASH

Kids can help prepare winter squash by:

- Using a fork to scrape spaghetti squash flesh from the rind.
- Toss spaghetti squash with tomato sauce, or butter and salt.
- Mashing cooked squash.
- Tossing chopped squash in olive oil and salt for roasting. This can also be done by putting a little oil, salt and spices in a zip lock bag with the squash and toss it around.

SPAGHETTI SQUASH WITH TOMATO SAUCE

SERVES 6

- 1 spaghetti squash (2-2½ lbs.)
- ¼ cup chopped onion
- 2 cloves garlic, minced
- 1 Tbsp. vegetable oil
- 1 15 oz. can tomatoes, crushed
- 1 tsp. dried Italian seasoning (or a mix of dried basil and oregano)
- ¼ tsp. each: salt and pepper

PREPARE SAUCE: Cook onion and garlic in hot oil until tender. Do not brown. Stir in tomatoes, Italian seasoning, salt and pepper. Bring to a boil. Reduce heat and simmer for 10-15 minutes, stirring often.

COOK SQUASH: Squash can be boiled or roasted. Boil whole for 20-30 minutes until tender (test with a fork). Let squash cool slightly, then cut in half and scoop out seeds. OR, cut squash in half lengthwise and scoop out seeds. Prick skin with fork. Bake in a 350° oven for 30-40 minutes until tender.

MAKE "SPAGHETTI": Scrape squash from shells. Use a fork to shred squash. Serve tomato sauce over squash.

**Adapted from Yvonne Nickels in What's Cookin' II*