

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less September 2008

Vary Your Veggies

Eat more **ORANGE** vegetables.



Vegetable Group
Vary your veggies

Acorn squash (orange inside)



Butternut squash



Hubbard squash (orange inside)



Carrot



Sweet potatoes



Pumpkin



Apple-Acorn Squash Serves 4

2 acorn squash

1 apple, chopped

1/3 cup raisins

1/2 teaspoon cinnamon

1/3 cup packed brown sugar

2 Tablespoons margarine, melted

1. Preheat oven to 350 degrees.
2. Wash squash. Cut squash in half, lengthwise. Scrape out seeds
3. Place cut side down on lightly greased cookie sheet or in a baking pan. Bake for 25 minutes.
4. Mix the remaining ingredients.
5. Turn squash halves over so cut sides are up. Fill squash with apple mixture. Bake for 20 minutes or until squash is soft.

NUTRITION FACTS (per serving) – Calories 260; fat 6 g; calories from fat 50; sodium 70 mg; total carbohydrate 55 g; fiber 5 g

Mashed Winter Squash - Butternut, Acorn and Hubbard

1. Preheat oven to 375 degrees.
2. Wash squash. Cut squash in half lengthwise. Remove seeds and stringy parts.
3. Place cut sides down on lightly greased baking pan.
4. Bake squash for about one hour or until tender.
5. Scoop out squash into a bowl. Mash the squash.
6. Season to taste.

Seasoning suggestions:

- a. margarine, brown sugar, cinnamon and nutmeg
- b. margarine, black pepper, anise seed, cardamon, brown sugar and lemon juice

NUTRITION FACTS (per 1/2 cup mashed butternut w/ no seasonings) – Calories 45; fat 0 g; calories from fat 0; sodium 0 mg; total carbohydrate 12 g; fiber 3 g

HARD SHELLED WINTER SQUASH



Examples – Acorn, Butternut & Hubbard Squash

- Select firm squash that are heavy for their size. Shells should have no cracks or bruises.
- Store squash in a cool and dry area. They will keep for a month or longer if mature and stems are attached.
- One pound of squash = 1 cup cooked and mashed; or 2 cups cooked pieces (diced or sliced).
- Bake or boil winter squash.



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