



FALL SQUASHES

How to PREPARE ^{and} EAT

SPAGHETTI SQUASH



- *The flesh separates into strands, resembling pasta!*
- *Mild flavor, so add your favorite sauce to spice it up!*

BUTTERNUT SQUASH



- *The smaller, the sweeter*
- *Butterscotch flavor*
- *Great for purees and soups*

ACORN SQUASH



- *Peppery, nutty flavor*
- *Great for stuffing*
- *The skin is edible!*

PUMPKIN



- *Can be eaten raw or cooked!*
- *Mellow sweetness with dense flesh*
- *Pairs great with cinnamon or garlic!*

There are plenty of ways to cook up squash!

All squashes can be baked in the oven:



- Preheat to 375 F
- Cut off any stems
- Scoop and discard any seeds or fibrous veins
- Cut the squash in half
- Add a little oil to the pan
- Cook 15-45 minutes depending on the size and type of squash

Squashes are also great boiled or sautéed.
Feel free to add spices to your squash to increase flavor!

PRO TIP: Keep your seeds and bake at 300°F for 20 minutes! Add olive oil, cayenne, and salt for a savory flavor - or add sugar and cinnamon to sweeten it up!

HEALTH BENEFITS



High in fiber, keeps you feeling full



Low in cholesterol



Full of antioxidants that boost immune system



High in Vitamin A, improves eye health



Supports normal blood pressure



Rich source of Potassium



Anti-cancer benefits



Improves digestion