

Reasons to Eat Winter Squash

A ½ cup of cooked winter squash provides:

- An excellent source of vitamin A (butternut, hubbard, and pumpkin).
- A good source of vitamin C (acorn, butternut, hubbard, and pumpkin).
- A good source of fiber (acorn, butternut, and hubbard).
- A good source of potassium (acorn and hubbard).
- A good source of magnesium, thiamin, and vitamin B6 (acorn)
- A source of iron* (acorn).



How to Prepare Spaghetti Squash

- **To Bake:** Preheat oven to 350° Cut the squash in half lengthwise. (It is difficult to cut.) Remove the seeds and place cut side down on a baking sheet. Bake for 45 minutes. Use a fork to pull the strands out. Toss with your favorite pasta sauce, parmesan cheese, or Italian seasonings.
- **To Microwave:** Cut the squash in half lengthwise and remove the seeds. Place cut side down on a microwave safe dish with ½ cup of water. Cover with a lid or plastic wrap and cook on high for 8-12 minutes. Remove the strands with a fork.
- **To Boil:** In a pot large enough to hold the whole squash, bring water to a boil Drop the squash in and let it cook for 20-30 minutes. It is done when a fork easily pierces the skin and goes into the flesh.
- **In a Crock Pot:** Pierce the skin of the squash several times. Place the whole squash in the crock pot and add two cups of water. Cook on low 8-9 hours.