

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Winter Squash



You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce of the Week

What vegetable is hard on the outside and orange on the inside?

### WINTER SQUASH!

- ◇ Unlike summer squash, winter squash must be cooked before eating
- ◇ Winter squash has a long shelf-life and can be stored for months in a cool, dry area
- ◇ Select squash that are heavy for their size
- ◇ Squash should have a glossy 'skin' and avoid those with blemishes, cuts or soft spots
- ◇ Cut or cooked squash should be stored in the refrigerator

### Nutrition Facts:

- ~ Winter squash is an excellent source of vitamin A
- ~ It is a good source of foliate, calcium and fiber
- ~ Winter squash contains no fat, cholesterol or sodium
- ~ A serving size is 1/2 cup, which contains 40 calories

### Did you know?

You can find winter squash at local markets. There are many varieties to choose from, each with a unique flavor & texture! Which is your favorite?

Acorn      Butternut      Buttercup  
Hubbard      Spaghetti      Kabocha

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7



# Try these delicious, nutritious and healthy recipes!

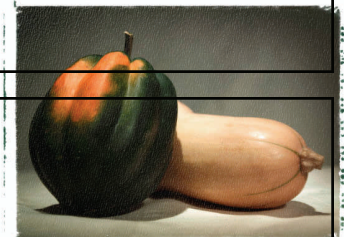
## Winter Squash Burritos

6 servings

|                               |                              |
|-------------------------------|------------------------------|
| 1/2 onion, chopped            | 2 cloves garlic, minced      |
| 2 cans fat free refried beans | 1/2 cup water                |
| 1 tsp ground cumin            | 2 tsp prepared mustard       |
| pinch cayenne pepper          | 1 T chili powder             |
| 1 T soy sauce                 | 6 whole grain tortillas      |
| 2 cups cooked winter squash   | 4 oz shredded Cheddar cheese |

### Directions

1. Preheat oven to 350 degrees
2. Sauté onion and garlic until soft, add seasonings and mix well. Stir in beans. Gradually stir in water, and heat until warm. Remove from heat. Divide bean mixture and mashed squash evenly between tortillas. Top with cheese. Fold and place on a baking sheet.
3. Bake for 12—15 minutes



## Squash Bread

|  |                            |
|--|----------------------------|
| 2 cups all-purpose flour               | 1 teaspoon baking soda     |
| 1/2 teaspoon salt                      | 1 teaspoon ground cinnamon |
| 1 teaspoon ground ginger               | 1/4 teaspoon ground nutmeg |
| 1/4 cup oil                            | 1/2 cup sugar              |
| 1/2 cup honey                          | 1 egg plus 1 egg white     |
| 1 1/4 cup cooked, pureed winter squash |                            |

### Directions:

1. On a plate, sift together dry ingredients. Set aside
2. In a large bowl, mix oil, sugar and honey together until light and fluffy
3. Beat in egg and egg white. Add squash puree and beat until smooth
4. Fold in dry ingredients. Turn into a greased 9x5 inch loaf pan
5. Bake until golden brown and a wooden skewer inserted in the center comes out clean, about one hour. Remove from the oven, let stand in pan 10 minutes. Turn out onto a wire cooling rack or cake plate to cool.

Recipes modified from modified from uiuc.edu & allrecipes.com

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**