

# WINTER SQUASH



## STORAGE

Keep at room temperature for up to 2 months. Once cut or cooked, keep it in the refrigerator.

## COMMON VARIETIES

Butternut (beige), acorn (orange, green, white), spaghetti (yellow), kabocha (green), pumpkin (orange, white, yellow), delicata (yellow and green).

## HELPS SUPPORT

Immune system, digestion, and vision.

## HOW TO USE

Cut it in half lengthwise, put it face down on a baking sheet and bake it in the oven at 450°F for 30-40 minutes, then cut it into cubes and add cinnamon, a pinch of salt, and other spices, or add it to a pasta sauce.

# WINTER SQUASH AND BLACK BEANS

Servings: 4

Preparation Time: 30 Minutes

## INGREDIENTS

- 1 small winter squash
- 1 teaspoon oil
- 1 small onion
- ¼ cup vinegar
- ¼ cup water
- 2 (15-ounce) cans black beans, drained and rinsed, or 4 cups cooked black beans

## OPTIONAL

¼ teaspoon garlic powder



Photo: Jessica Roeckel

## INSTRUCTIONS

1. Heat the squash in the microwave on high heat for 1-2 minutes to soften the skin or roast it (see "How to Use" above). Then peel the squash with a vegetable peeler or small knife. Cut the squash into ½ inch cubes.
2. Peel and chop the onion.
3. In a large pan, heat the oil. Add the onion, squash and garlic powder (if using it), and cook for 5 minutes on medium heat. Add the vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
5. Add the beans, and cook the mixture until the beans are heated through.

*Adapted from Pennsylvania Nutrition Education Program*