# **Butternut Squash**







### **About Butternut Squash**

- Butternut squash is an excellent source of Vitamin A and potassium
- Potassium helps us control our blood pressure

## **Choosing and Storing**

- When choosing a butternut squash, look for one that has a longer neck and feels heavy. The neck is easier to peel and chop since it doesn't have any seeds.
- Store butternut squash in a cool, dark place for up to 1 month. Once cut, refrigerate unused portion.

WIC Tips: Some squash are tough to cut. To make the job easy, pierce the squash many times with a fork. Place the squash on a microwaveable plate. Microwave on 100 percent power (high) for 1 to 2 minutes. Let the squash stand for 5 minutes before cutting

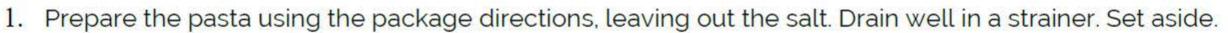
## **Butternut Squash with Whole Wheat Pasta**

Recipe Courtesy of the American Heart Association

#### **INGREDIENTS**

- 8 ounces dried, whole-grain spaghetti
- 3 cups cubed butternut squash (cut into 1/4-inch cubes)
- 1 cup fat-free, low-salt vegetable broth
- 1/2 cup chopped onion
- 2 medium garlic cloves (minced)
- 1/4 teaspoon salt and pepper
- 2 cups trimmed, halved sugar snap peas
- 2 tablespoon chopped, fresh sage
- 1/4 cup grated Parmesan cheese

### INSTRUCTIONS



- In a large skillet, stir the squash, broth, onion, garlic, salt, and pepper. Bring to a boil over mediumhigh heat. Reduce the heat and simmer for 5 minutes.
- 3. Stir in the peas. Return to a simmer for 7 to 10 minutes, or until the squash is tender and most of the liquid is gone.
- 4. Stir in the sage. Serve the squash over the pasta.
- 5. Sprinkle with the Parmesan and enjoy!



