

WINTER SQUASH

There are many varieties of winter squash. Most commonly found in the supermarket is butternut, acorn, pumpkin, and delicata, among others. All are interchangeable in most recipes.

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BEST COOKING METHODS

- RAW
- ROASTED
- STEAMED
- BOILED

RECIPE IDEAS

- PUREE/SOUP
- MASHED
- ADD CHUNKS TO SOUP
- ROASTED

STORAGE

- Keep in a cool, dry, dark and ventilated place for up to two months or at room temperature for one week.
- If cut, cover and refrigerate for up to five days.

NUTRITION

- Good source of Vitamin A, Vitamin C, and omega-3
- Excellent source of folates and fiber

TIPS

- Remove seeds to roast later for a snack or to top a salad.
- Roast each half face down covered with foil until soft. Once cooled, the skin is much easier to remove than when raw.

ROASTED RED ONIONS AND DELICATA SQUASH

- **1 tbsp** unsalted butter, melted
- **1 tbsp** chopped fresh thyme
- **1 tbsp** honey
- **2 tsp** olive oil
- **3** garlic cloves, sliced
- **2 (12-ounce)** delicata squashes, halved lengthwise, seeded, and cut into 1/2-inch slices
- **1 (1-pound)** red onion, cut into 12 wedges
- **1/2 tsp** salt, divided
- **1/2 tsp** freshly ground black pepper, divided
- **5** Cooking spray
- **3 tbsp** chopped fresh flat-leaf parsley

IT'S NOT NECESSARY TO REMOVE THE SKIN OF THE SQUASH FOR THIS RECIPE. DELICATA SQUASH SKIN IS EDIBLE! PLACE A BAKING SHEET IN OVEN. PREHEAT OVEN TO 475° (LEAVE PAN IN OVEN). COMBINE FIRST 5 INGREDIENTS IN A LARGE BOWL, STIRRING WITH A WHISK. ADD SQUASH AND ONION; TOSS GENTLY TO COAT. SPRINKLE VEGETABLE MIXTURE WITH 1/4 TEASPOON SALT AND 1/4 TEASPOON PEPPER. CAREFULLY REMOVE PREHEATED PAN FROM OVEN; COAT PAN WITH COOKING SPRAY. ARRANGE VEGETABLE MIXTURE IN A SINGLE LAYER ON PAN. BAKE AT 475° FOR 20 MINUTES OR UNTIL TENDER, TURNING ONCE. SPRINKLE WITH REMAINING 1/4 TEASPOON SALT, REMAINING 1/4 TEASPOON PEPPER, AND CHOPPED PARSLEY.

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