

Winter Squash



Winter squash includes any hard-skinned edible squash harvested in fall or winter. Butternut, pumpkin, acorn, delicata, hubbard, and spaghetti squash are all common varieties. All varieties are low calorie and high in vitamins A and C and fiber, making them a great winter staple when other vegetables are less available.

Storage

Squash can be stored in a cool, dry place for up to 2 months, or refrigerated for even longer. Once cut open, refrigerate and use within 2 weeks. Squash can also be pre-cut and frozen raw or cooked for up to 6 months.



Cooking

Cut squash in half, scoop out seeds and roast, or bake whole, then scoop meat out of skin to use. Delicata has edible skin and can be sliced first, and then sautéed or baked. Butternut can be peeled with a knife and chopped for soups or stews. All squash can be used in sweet or savory dishes.



Roasted Delicata & Red Onion

lovin'
spoonfuls
a food rescue



Ingredients:

- 1 tbsp unsalted butter, melted
- 1 tbsp chopped fresh thyme
- 1 tbsp honey
- 2 tsp olive oil
- 3 garlic cloves, sliced
- 2 delicata squash, halved lengthwise, seeded, and cut into ½-inch slices
- 1 red onion, cut into thick wedges
- Salt & pepper
- Cooking spray
- 3 tbsp chopped parsley (optional)



Directions:

*No need to peel the squash: Delicata skin is edible!

1. Place a baking sheet in oven. Preheat oven to 425° (leave pan in oven). Combine butter, thyme, honey, oil, garlic, and a pinch of salt and pepper in a large bowl, stirring to combine. Add squash and onion; toss gently to coat.
2. Carefully remove preheated pan from oven; coat pan with cooking spray. Arrange vegetable mixture in a single layer on pan. Bake at 425° for 20 minutes or until tender, turning once. Season with salt, pepper, and chopped parsley. Serve.

