

SQUASH

GROWN IN MINNESOTA



DIFFERENT USES

- Steam, sauté, roast, grill or bake all types of squash.
- Bake in the oven and sprinkle with seasonings. Enjoy warm.
- Cut into pieces and bake until tender.
- Spaghetti squash: bake in the oven, scrape out the stringy insides, and top with pasta sauce— it looks like regular spaghetti noodles!
- Warm up with butternut squash soup on a cold day.

Nutrition Facts

Serving Size 1/2 cup cubed (120g)

Calories	50	Daily % Value
Total Fat	0g	0%
Sodium	0mg	0%
Total Carbohydrate	14g	5%
Dietary Fiber	2g	8%
Protein	1g	

Health Benefits

- High concentration of beta carotene and lutein which promote eye health.
- Contains vitamin C and fiber.
- Low in calories and sodium free.

FUN FACT

- There are winter and summer squash varieties, both of which are from the gourd family.
- Winter squash comes in a variety of colors and shapes. Some common types of winter squash include: acorn, butternut, calabaza, delicate, hubbard, kabocha, pumpkin, and spaghetti squash.
- The earliest natives cultivated squash and honored them as one of the “three sisters”, along with beans and corn.