

WINTER SQUASH



HOW TO USE

Cook it in the microwave or oven until soft, then scrape out the inside and mash it with a little bit of butter and pinch of salt or cinnamon for a tasty side dish; Slice the squash thinly, steam it until slightly tender, let it cool, then add it to a hearty salad.

HOW TO STORE

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

HELPS SUPPORT

Immune system, digestion, and vision.

APPLE-STUFFED SQUASH

Servings: 8

Preparation Time: 20 Minutes

INGREDIENTS

- 1 medium winter squash, washed
- 2 apples, chopped
- 1 tablespoon butter or margarine
- 2 tablespoons brown sugar
- ½ teaspoon cinnamon



INSTRUCTIONS

1. Cut the squash into halves and take out the seeds. Then place the squash in a glass dish, cover the dish in plastic wrap, and microwave it on high for 5 minutes.
2. Take the squash out of the microwave. Then, in a separate small bowl, melt the butter in the microwave.
3. Mix the chopped apples, sugar, and cinnamon in with the melted butter. Then microwave the mixture for 1 ½ minutes.
4. Spoon the apple filling into each half of the squash. Then cover it and microwave on high for 3-5 minutes until the squash and apples are tender.

Adapted from the University of Maryland Extension, Food Supplement Nutrition Education Program via What's Cooking? USDA Mixing Bowl