

# WINTER SQUASH



## HOW TO USE

Cut it into small chunks and add it to a soup; Roast it with a pinch of salt and a small amount of oil in the oven; If it's spaghetti squash, scrape out the inside of it with a fork, and use it instead of spaghetti in your favorite pasta dish.

## 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.

# ROASTED VEGETABLES

Servings: 2

Preparation Time: 25 minutes

## INGREDIENTS

- 2 cups vegetables such as winter squash, potatoes, sweet potatoes, carrots, beets, brussel sprouts
- 1 tablespoon oil
- 1 clove garlic, minced
- A pinch of salt



Photo: Leah's Pantry

## INSTRUCTIONS

1. Preheat the toaster or oven to 450 degrees Fahrenheit.
2. Mix the garlic and the oil in a large bowl or clean plastic bag.
3. Wash the vegetables, chop them into bite-sized pieces.
4. Add the vegetables to the bowl or bag with the oil and garlic mixture, and toss them to coat them with oil.
5. Spread the vegetables in a single layer on a toaster tray. Put the tray in the lowest position in the toaster or oven. Cook the vegetables for about 10 minutes.
6. Take the tray out of the toaster or oven, and sprinkle the vegetables lightly with salt or other spices. Then cook in the toaster for 5 more minutes, or until the vegetables are tender.

*Adapted from The Tenderloin Cooking School Cookbook via EatFresh.org*