

WINTER SQUASH

brought to you by Willow Roots

Winter squash is versatile, healthy and delicious. Harvested in the fall, many squash can be stored and used throughout the winter season. Squash is rich in vitamins and minerals as well as fiber. Fiber is extremely important to help lower cholesterol, keep us feeling full and satisfied which can help in weight loss, and helps to maintain bowel health. The benefits of squash vary according to type, but most squash are high in many vitamins and minerals, including Vitamin A (for your eyes) and Vitamin C (for healthy skin), Potassium (help reduce blood pressure and muscle contractions and nerve signals) and Manganese (for metabolism of cholesterol and helps to reduce inflammation).



Technically a fruit, **Butternut Squash** is the sweetest of all squash. It can be used in many ways - saute, roast and made into soup or a puree.

Easy Butternut Squash Soup

Ingredients

½ Tbsp. olive oil

2 garlic clove,s minced

1 onion diced

1 butternut squash, peeled and diced into cubes*

32 ounces (4 cups) vegetable or chicken broth

1-2 tsp. Salt

*peeling/cutting a butternut can be difficult; look online for a tutorial on how to do it best

Procedure

1. In a dutch oven pot (or heavy pot), heat oil over medium heat. Add onion and garlic. cook until softened, about 5 minutes.
2. Add cut up butternut squash and vegetable broth. Bring to a boil then cover and simmer for 15-20 minutes until squash is softened.

3. Let soup cool a bit to be safe before carefully pouring entire contents of pot, in small batches, into blender. Add salt.
4. Carefully blend until smooth and reheat as necessary. Serve in bowls with fresh thyme or sage if desired. Enjoy!

Delicata Squash has a shorter storage life than other winter squashes; it can be stored up to three months in a cool, dry place. Avoid refrigeration.

Roasted Delicata Squash

Ingredients

1 delicata squash

1 teaspoon olive oil

1/4 teaspoon each salt and black pepper (more or less to taste)

Procedure

1. Preheat oven to 425°F. Scrub the outside of the squash with a brush until very clean. Cut ends off to create two flat edges. Cut in half lengthwise and scoop out seeds.
2. Cut into 1/4- to 1/2-inch slices, keeping the size of the slices consistent. Rub, toss, or spray with olive oil so both sides of each slice are coated with oil. Sprinkle with salt and pepper and spread onto a parchment paper lined baking sheet in a single layer.
3. Place in preheated oven and roast for 20 minutes. Flip each slice over and roast for another 15 minutes or until golden brown and crispy on the outside and tender on the inside. Enjoy!

Roast or steam **Spaghetti Squash**, then scrape out the strands. Top with marinara, pesto, or mix in other veggies, and eat it as you would spaghetti!

Spaghetti Squash Serves: 2 to 4

Ingredients

1 spaghetti squash

extra-virgin olive oil is best, but use the oil you have on hand

sea salt and freshly ground black pepper

Procedure

1. Preheat the oven to 400°F.
2. Slice the spaghetti squash in half lengthwise and scoop out the seeds and ribbing. Drizzle the inside of the squash with olive oil and sprinkle with salt and pepper.
3. Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes. Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a little bit firm. The time will vary depending on the size of your squash.
4. Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.