

Butternut Squash



Health Benefits

- Contains vitamins that play a role in keeping the eyes, skin and immune system healthy.
- The bright orange colour of butternut squash helps protect cells in the body.

Storage

Keep in a cool, dry, dark, ventilated place. Once cut open, store covered in the refrigerator. They can also be frozen and used at a later date.

Preparation

Rinse outside of squash with water. Peel skin carefully with a knife or vegetable peeler. Chop lengthwise and remove seeds. Chop into cubes to roast, bake or boil.



Butternut Squash Soup

Ingredients:

2 tsp oil
2 medium carrots, peeled and sliced
1 large onion, chopped
1 clove of garlic, minced
1/2 butternut squash, peeled and cubed
1 apple, peeled and chopped
4 cups of broth of choice or water
Salt and pepper to taste



Directions

1. In a large saucepan over medium heat, sauté oil, carrots, onion and garlic, stirring until softened.
2. Stir in squash, apple, salt and pepper. Cook, stirring for 2 minutes.
3. Add broth, bring to a boil. Reduce heat, cover and simmer, stirring occasionally until tender (about 25-30 minutes- may take longer).
4. Mash or purée the soup to the desired consistency.

Servings: 6

*Recipe adapted from halfyourplate.ca