

RECIPES

Mashed Winter Squash



Ingredients *(2 serving)*

- 1 cup winter squash (peeled, seeds removed, cut into small pieces)
- 1 tablespoon margarine
- 1¹/₂ teaspoons brown or regular sugar
- 1/4 teaspoon salt
- 2 tablespoons orange juice

Healthy add-in: After mixing, stir in a few teaspoons of toasted nuts.

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Wash and bake or boil squash until soft. Mash with a fork.
3. Mix in margarine, sugar and salt. Add the orange juice, a tablespoon at a time, until squash is the thickness you like.

Nutrition Information per serving

98 calories, 5.7 g fat, 1.2 g sat fat, .7 g protein, 12 g carbohydrate, 1 g fiber, 359 mg sodium.

WINTER SQUASH

Choose: squash that is heavy for its size. Avoid squash with soft spots or cracks.

Store: in the refrigerator or in a cool, dark place. Store butternut squash for up to a month, and buttercup and acorn squash for up to 3 months.

How much? 1 pound = 1 cup cooked pureed squash.