

BUTTERNUT



SQUASH

*Produced by the Little Burgundy Coalition Health and Food Committee and
the Osez la santé team at the CIUSSS du Centre-Sud-de-l'Île-de-Montréal*

Every year winter squash begins to show up in markets in September. This affordable product is full of vitamin A. **Butternut squash** is a member of the winter squash family.

USING IT

Butternut squash is a great addition to soups and stews, and it can also be served as a side dish. Pureed squash makes wonderful soups. You can also use it in your dessert recipes (cakes, muffins, pies, etc.)

COOKING IT

Squash can be boiled, steamed, baked or microwaved. You can also sauté it, grill it, fry it, stuff it or make it as a gratin.

NUTRITIONAL VALUE

Winter squash contains more carbohydrates than summer squash, which gives it more calories. Its orange colour means that it is an excellent source of vitamin A. It is also rich in potassium, and contains vitamin C, folic acid, pantothenic acid and copper.

CONSERVATION

Squash can be easily perishable, so it is important to handle it with care. It will keep for several months in a cool place, away from heat and light. Once it is cut, it will keep in the fridge, wrapped in plastic. You can freeze butternut squash, especially once it is cooked and pureed.

DID YOU KNOW THAT ...

Squash seeds are edible and delicious when grilled!

VARIETIES

There is a wide variety of types of squash. Butternut squash is cream coloured and looks like a giant pear. Its flesh is more or less sweet and has an orange colour.

BUYING IT

Choose squash that is intact, hard and not shiny. It is important to check its ripeness because an unripe squash will be tasteless, and squash that is too ripe will be stringy and pasty. Avoid buying squash that is broken or that has brownish spots.

PREPARING IT

Wash the squash, peel it and remove the seeds as well as the fibres, ideally using a spoon. Sometimes it may be easier to cut the squash in 2 or 4 before peeling it. If the recipe allows it, leave the skin on before cooking. If you're stuffing the squash, keeping the skin is essential.

BUTTERNUT SQUASH AND GINGER SOUP

PREP TIME : 20 MINUTES

COOKING TIME : 30 MINUTES

PORTIONS : 6

INGREDIENTS

30 ml (2 tbsp) of fresh ground ginger

30 ml (2 tbsp) olive oil

1 onion, minced

2 cloves of garlic, chopped

1 ¼ litre (5 cups) of chicken stock *

1 ½ litre (6 cups) of butternut squash, peeled and cut into cubes (remove seeds first)

salt and pepper to taste



PROCEDURE

In a large pot, brown the ginger in the heated oil. Add the onion and the garlic and sauté until soft.

Add the stock and the squash. Bring to boil, cover, and let it simmer for approximately 20 minutes, or until the squash is soft. Puree the soup in a blender. Add salt and pepper.

Serve hot or cold.

** You can use vegetable stock instead of chicken stock to make a vegetarian version.*

OVEN ROASTED ROOT VEGETABLES

PREP TIME : 15 MINUTES

COOKING TIME : 45 MINUTES

PORTIONS : 6

INGREDIENTS

3 sweet potatoes or regular potatoes*

6 carrots

1 turnip

6 parsnips

1 butternut squash

1 large red onion

2 tablespoons of balsamic vinegar

2 tablespoons of olive oil

1 teaspoon of dried rosemary

½ teaspoon of sugar

salt to taste

pepper to taste



PROCEDURE

Peel the potatoes (or sweet potatoes), and cut in quarters.

Peel the carrots, the parsnips, the turnip, the onions and the squash.

Cut all the vegetables into 1 ½ inch (4 cm) pieces.

In a bowl, combine the vinegar, the oil, the rosemary, the sugar, salt and pepper. Mix well.

Stir the sauce in to the vegetable mix. Spread this mix in a single layer onto a large baking sheet.

Bake in the middle of the oven (pre-heated to 450 °F), stirring often, until the potatoes are tender, approximately 30 to 45 minutes.

**You can replace the 3 sweet potatoes with 6 regular potatoes.*