

# Butternut Squash



## Selecting

Butternut squash is a type of winter squash. It has an interesting shape – a wide, rounded bottom which extends into a thick neck. The skin is tan coloured and the inner pulp is fleshy and orange coloured. Its weight ranges from 2 to 4 pounds (1 to 2 kg).

When selecting a butternut squash, it should be hard to the touch. Avoid a squash that has soft spots. The skin should have a smooth matte finish, be dry and free of cracks.

## Storing

Similar to potatoes, store squash in a cool, well-ventilated, dry spot. Stored properly, squash can last 2 to 3 months. Once you cut the squash, wrap in plastic and store in the fridge. Try to use it quickly to prevent spoilage.

## Preparing

The butternut squash is challenging to cut and peel when completely raw. But, by microwaving the whole squash you can make the process easier. First pierce the skin in a number of spots so that steam will be released. Then microwave for 2 to 5 minutes, depending on the size of the squash.

Next, peel or cut in half and remove all the seeds and stringy pulp.

If you are in a hurry or don't want to go through all these steps, note that Squash is also available at the supermarket already peeled and cubed for your convenience.

Squash can be roasted, baked or microwaved. It cooks much faster when cut in half.

## Eating

Butternut squash has a very creamy texture once cooked and makes delicious soup. It can also make superb side dishes, such as squash halves stuffed with rice and herbs or bread stuffing.

## Seasonality

Butternut squash is in season from August to March, though timing varies across the country.

## Nutrition

A 1/2 cup (125 mL) of butternut squash has 43 calories. It is an excellent source of Vitamin A and source of fibre, Vitamin C and Folate.



Here is a gourmet recipe for **Mushroom and Roasted Squash Soup**.

[www.halfyourplate.ca/recipe/mushroom-and-roasted-squash-soup/](http://www.halfyourplate.ca/recipe/mushroom-and-roasted-squash-soup/)

