

## What's Fresh:



# Acorn Squash

### Storage Tips:

Store whole in a cool & dark place at room temperature.

If only using half, wrap the other half in plastic wrap and store in the refrigerator.

### Do I peel it?

It is not necessary to remove the skins– they are thin & edible and will soften when cooked.

### Preparation Tips:

- ◆ Slice 1/2 inch off each end of the squash.
- ◆ Half the squash lengthwise through the stem.
- ◆ Use a spoon to scoop out the seeds.
- ◆ You may cook the squash in halves, as is.
- ◆ **To Slice:** cut the halves cross-wise to make ridged half-moons.
- ◆ **To Dice:** Cut the halves along their ridges to create wedges, then peel with a potato peeler. Dice wedges into bite-size pieces. Or, cook with the skins on, then peel & dice.

## Ways to cook acorn squash:



- ◆ **Roast it (in halves, skin on).** Preheat the oven to 400° F. Rub the inside of each scooped-out half with 1 teaspoon of oil or butter. Place the squash halves on a baking sheet cut-side up. Bake for 45-60 minutes or until flesh is tender when poked with a fork. Season with salt and pepper. Eat as is, scoop out the insides, or slice. For a sweet variation, see *recipe on the back*.
- ◆ **Roast it (in slices, skin on).** Preheat the oven to 400° F. Cut each scooped-out half cross-wise into 3/4-inch slices. Toss slices with oil, salt and pepper. Place in a single layer on a baking sheet. Roast, turning once halfway through, until the squash is tender and lightly browned– about 30 minutes. For extra flavor, toss the squash with a few tablespoons of maple syrup and cinnamon before roasting.
- ◆ **Microwave it.** To microwave whole, pierce the skin all over with a fork or knife to allow steam to escape. Microwave on high for 10 minutes. To microwave in halves, place them open-side down in a shallow dish. Microwave for 5-8 minutes or until tender. Let cool before handling. Scoop out the flesh and season to taste.
- ◆ **Save & Toast the seeds.** Preheat oven to 400° F. Rinse seeds to separate from the fibers. Boil seeds in salted water until slightly clear, about 5-7 minutes. Drain and pat dry. Toss with oil, salt and pepper. Spread on a baking sheet and cook for 12-15 minutes, or until slightly browned.

See more recipes on the back 



# *Make it a meal!*

# RECIPES

## Glazed Acorn Squash\*

### Ingredients:

- |                             |   |
|-----------------------------|---|
| 2 acorn squash, halved      | 4 Tablespoons brown sugar or maple syrup (or a mix) |
| 2 tablespoons oil or butter | 1/2 teaspoon cinnamon (optional)                    |

### Directions:

1. Preheat oven to 400°F. Cut the squash in half and scoop out the seeds. Place cut-side up on a baking sheet.
2. In a small bowl, mix together oil or butter, sugar and/or maple syrup. Rub the inside of the cut sides of the squash with the mixture. Sprinkle with cinnamon (if using). Season with salt and pepper.
3. Bake for 45 minutes to an hour, or until squash is tender when pierced with a fork. Serve in halves or slice.

## Italian Sautee Stuffed Acorn Squash

### Ingredients:

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|--|--|
| 2 acorn squash, halved                             | 1 Tablespoon Italian seasoning (basil & oregano) |
| 1 Tablespoon oil                                   | 1 (14.5 oz.) can tomato sauce                    |
| 1 onion, chopped                                   | 1/2 teaspoon salt                                |
| 2 cloves garlic, minced (or 1/2 tsp garlic powder) | 1/4 teaspoon pepper                              |
| 1 lb. lean ground meat                             | 1/2 cup parmesan cheese (optional)               |

### Directions:

1. Cut the squash in half length-wise through the stem and scoop out the seeds. Place squash in a microwave safe shallow dish with a little bit of water (about 1/2-inch deep). Microwave on high for 7-10 minutes or until tender.
2. In a skillet, heat oil over medium heat. Add onion and cook, stirring frequently, until soft and slightly browned, about 5-7 minutes. Add garlic and cook for 1 minute longer, stirring so you do not burn it.
3. Add ground meat to the skillet and use a spatula to break it up. Cook, stirring occasionally, until no longer pink. Add tomato sauce, Italian seasoning, salt & pepper. Cook until meat is done and sauce is heated through.
4. Spoon the meat mixture into the cavities of the cooked squash and serve. If desired, top with cheese.

## Stuffed Acorn Squash with Rice and Beans

### Ingredients:

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|---------------------------|---|
| 2 acorn squash, halved    | 1 (15-oz.) can of black beans             |
| 1 Tablespoon oil          | 2 cups cooked brown or white rice         |
| 1/4 teaspoon salt         | 1/2 cup finely chopped onion              |
| 1/4 teaspoon pepper       | 1/2 teaspoon garlic powder (optional)     |
| 1/2 teaspoon chili powder | 1/2 cup cheddar or jack cheese (optional) |

### Directions:

1. Preheat oven to 400°F. Cut the squash in half and scoop out the seeds. Brush the cut sides of the squash with oil. Mix together salt, pepper and chili & garlic powder. Sprinkle the seasoning evenly over the squash.
2. Place the squash cut-side up on the baking sheet and roast until fork tender, about 25-30 minutes.
3. While the squash roasts, stir together rice, beans, onion & garlic. Divide stuffing evenly to fill squash halves. Top with cheese (if using). Return squash to the oven and bake another 20-25 minutes.

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