
Winter Squash 101

They're all interchangeable.



How to Roast Winter Squash



Cut squash in half with chef's knife. No need to peel.

Scoop out seeds and fibers. You can save the seeds for roasting.

Place cut side down on a foil lined jelly roll pan. Add 1/2 inch water.

Roast/steam for 40 minutes at 400 F until soft. Scrape out pulp.

How to store:

Store in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Under the best conditions, they should keep for 3-4 months. They get sweeter with time as the starch converts to sugar. Once cut, you can wrap squash in plastic and store it in the refrigerator for 5 to 7 days.

Prep:

Wash squash. Peel if desired by slicing off the skin with a chef's knife. You can either cook squash whole, or cut it in half before baking or roasting.

Best Uses:

Braised or steamed Salads
Soups
Casseroles
Grilled
Sautéed

Dip
Risotto
Pie
Quick bread or cake **Mashed**
Pasta dish
Pureed with goat cheese

Types of Winter

Squash:

We've created a whole cheatsheet visual guide to help you identify the many common winter squash varieties including acorn, uri kuri, butternut, delicata, pumpkin, and spaghetti.

Substitutes:

You can substitute any of the winter squashes in place of pie pumpkin. The taste will be almost indistinguishable. Any winter squash can be used in place of pumpkin for making pie as well.

How to Freeze:

Scoop out the cooled, cooked squash into Ziplock bags. Label the bags with the date, and squeeze out the air. Then when you need a quick veggie for dinner, just thaw and reheat your squash; add some toppings for a quick side dish.

How to roast seeds.

Seeds from any winter squash are edible. Get the goop off by placing the seeds in a bowl of water and swishing them around.

Blot the seeds dry, then spread them out on a baking sheet coated with cooking spray or olive oil. Sprinkle spices on top like kosher salt (if you're thinking basic), cumin (smoky), or garlic powder. Roast at 300° F for 30 minutes until dry and crunchy.

4 WAYS TO COOK WINTER SQUASH



BOIL

Halve and peel squash, then cut the flesh into uniform cubes and boil until tender, 15 to 30 minutes, depending on size of cubes.



BAKE

Place halved squash, cut sides down, in a 350 oven for 1 to 2 hours until tender. Cook, then scrape out the tender flesh with a spoon; discard rind.



ROAST WHOLE

Hollow out the squash. Roast in a 350 oven for 1 to 2 hours until tender. Scoop out the flesh or use the squash as a vessel for cooked rice stuffing.



MICROWAVE

Place squash pieces in a glass bowl. Cover with plastic wrap. Cook on HIGH until tender about 15 minutes. Move pieces around twice during cooking. Cool, then scrape out flesh. Discard rind.



DIY Squash Puree

To make your own winter squash puree for pie, start with a sugar pumpkin or any other winter squash (They're all interchangeable).

Stem, quarter, and remove the seeds from the squash, then place the pieces skin side up on a foil-covered baking sheet. Bake them at 350 until tender, about 45 minutes. Allow to cool. Scrape the flesh from the skin of each quarter into a food processor or blender and puree until smooth.

To store the puree, pack single cup portions in a sandwich size freezer bag labeled with the date. Freeze up to 6 months.

Suggested Recipes:

Pecan Topped Pumpkin Bread

Adapted from Cookinglight.com

Ingredients:

3 1/3 cups all-purpose flour (about 15 ounces)
1 tablespoon baking powder
2 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1/2 teaspoon ground allspice
2 cups granulated sugar
1/2 cup egg substitute
1/2 cup canola oil
1/2 cup low-fat buttermilk
2 large eggs
2/3 cup water
1 (15-ounce) can pumpkin (or pureed winter squash)
Cooking spray
1/3 cup chopped pecans

Directions:

Preheat oven to 350°. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 6 ingredients (through allspice) in a bowl.

Place sugar, egg substitute, oil, buttermilk, and eggs in a large bowl; beat with a mixer at high speed until well blended. Add 2/3 cup water and pumpkin, beating at low speed until blended. Add flour mixture to pumpkin mixture, beating at low speed just until combined. Spoon batter into 2 (9 x 5-inch) loaf pans coated with cooking spray. Sprinkle pecans evenly over batter. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on wire

rack.

Maple Roasted Delicata Squash with Red Onions *Adapted from epicurious.com*

Ingredients:

3 medium Delicata squash (about 3 pounds), halved lengthwise, seeded, and cut into 1/4- inch thick slices

2 medium red onions, halved lengthwise and cut into 1/2-inch rings

5 garlic cloves, peeled and smashed

4 fresh thyme sprigs

1/2 teaspoon red-pepper flakes

3 tablespoons extra-virgin olive oil

2 tablespoons maple syrup

Kosher salt

freshly ground black pepper

Directions:

Arrange the racks in the upper and lower rungs in the oven and preheat the oven to 425°F degrees. Place the squash, red onion, garlic, thyme, and red pepper flakes in a large bowl. Drizzle with olive oil and maple syrup, and sprinkle generously with salt and pepper; toss to coat.

Spread vegetables evenly onto two large, rimmed baking sheets. Bake the squash on the upper and lower racks of the oven, tossing, rotating, and switching the pan positions half way through cooking, until tender and browned, 25 to 30 minutes. Taste and season again with more salt and pepper, if desired.

Winter Squash Dinner Rolls

Adapted from AllRecipes.com

Ingredients:

1 1/2 cups cubed winter squash

1 cup scalded milk

2 (.25 ounce) packages active dry yeast
1/2 cup warm water (110 degrees F/45 degrees C)

6 cups all-purpose flour

1/2 cup white sugar

2 teaspoons salt

1/2 cup shortening

Directions:

Preheat oven to 400 degrees F (200 degrees C). In a small saucepan, cover squash cubes with water. Bring to a boil and cook until tender, about 15 minutes. Drain, cool and mash.

In a small bowl, dissolve yeast in warm water. In a large bowl, combine 5 cups flour, sugar and salt. Stir in the yeast mixture, shortening, squash and milk. Mix well. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

Divide the dough into twelve equal pieces and form into rounds. Place the rounds in a lightly greased 13x9 inch baking pan. Cover with a damp cloth and let rise until doubled in volume, about 30 minutes.

Bake at 400 degrees F (200 degrees C) for 10 to 15 minutes or until golden brown. **Pasta with Butternut Sage and Pine Nuts**

Ingredients:

1 medium butternut squash

1 small sweet onion, peeled and diced

3 cloves garlic, minced

Olive oil

Salt and pepper

1/2 cup fresh sage leaves

1 pound farfalle pasta
3/4 cup pine nuts, toasted

4 ounces high quality Parmesan, shredded or shaved (about a cup total)

Directions:

Heat the oven to 375°. Cut the butternut squash in half and scoop out the strings and seeds the middle cavity. Flip the squash halves upside down and peel them. (Note: The raw squash rind can irritate your hands. If they start to itch or tingle, wear gloves.) Cut the squash into 1-inch cubes. Toss with the onion, garlic, a drizzle of olive oil and salt and pepper. Mince about half of the fresh sage leaves and also toss with the squash.

Spread the squash mixture in a thin layer on a large baking sheet and roast for about 40 minutes or until the squash is soft.

Heat salted pasta water to boiling and cook the farfalle until al dente. Drain and set aside. As the squash finishes roasting, heat about two tablespoons of olive oil in a large high-sided sauté pan. The oil is ready when it pops and sputters. (Don't let it start smoking.) Drop in the rest of the sage leaves and fry for about a minute, or until they begin to just shrivel up.

Remove with a slotted spoon and salt lightly. Crush with the back of a spoon.

Add half the pasta to the pan, along with half the roasted squash mixture. Crumble in half the sage. Cook, stirring frequently, for five minutes or until the pasta is heated through and getting crispy on some of the edges. Add the pine nuts and cook for another minute. Stir in half the cheese and serve.

(Repeat the last step with the rest of the ingredients. We split it into two because none of our pans are big enough to accommodate the entire recipe.)

Roast Butternut Squash & Chicken Tacos with Pineapple

Salsa *Adapted from Parade.com*

Ingredients:

2 cups butternut squash, cut into 1/2" chunks

1 tsp honey

The juice of two limes

1 tsp chili powder, more as needed

1 tsp ground chipotle powder, more as needed

1/4 tsp smoked paprika, more as needed
1/2 tsp ground cumin, more as needed
2 cloves garlic, minced
(Optional) Crushed red pepper, as needed
Sea salt, as needed
Fresh black pepper, as needed
Olive oil, as needed
1 small red onion, diced
2 cups shredded cooked chicken; warm
1/2 cup fresh cilantro, minced
Pineapple Salsa (recipe follows)
Corn tortillas, as needed
Crumbled cotija cheese, for garnish

Directions:

Preheat oven to 400°F. Line a baking sheet with foil.

Toss butternut squash, honey, the juice of one lime, 1 tsp chili powder, 1 tsp chipotle, 1/4 tsp smoked paprika, 1/2 tsp cumin, 1 minced clove of garlic, crushed red pepper, salt, black pepper and olive oil.

Place butternut squash on the baking sheet. Roast for 20 to 30 minutes or until soft. Remove from the oven and set aside.

Over medium heat, heat olive oil in a skillet. Add onions and stir until transparent. Add the second minced garlic and stir for less than 20 seconds. Add shredded chicken and roast butternut squash.

When the chicken is warm, add the juice of the second lime and cilantro. Adjust seasoning. Remove from the stove to set aside.

Place a large iron skillet over medium heat. Add just about 1 tsp oil and give the skillet a swirl. When the skillet is warm, place a corn tortilla in the skillet. Turn over several times until warm, about 10 to 15 seconds. Place on a paper towel lined plate. Repeat with the other tortillas. Add a little bit of oil when the skillet appears dry between tortillas.

To serve tacos: Lay tortilla on a flat surface. Place chicken and butternut squash mixture in

the middle. Top with pineapple salsa and cheese. Add just a little cotija cheese. Fold two edges together. Enjoy!

For Pineapple Salsa:

2 cups fresh pineapple, diced into 1/4" chunks

1/2 cup fresh cilantro, minced

1 jalapeno, seeds and ribs removed, finely diced

1/2 small red onion, finely diced

1 clove garlic, minced

1/4 tsp smoked paprika

1/2 tsp ground cumin

1/2 tsp chili powder

The juice of one lime

2 Tbsp balsamic vinegar

1/4 cup olive oil

Sea salt, as needed

Fresh black pepper, as needed

Mix all ingredients in a bowl. Let sit for at least one hour before serving.

Enjoy. **Baked Squash Shells with Brown Sugar and Butter** *Adapted from chowhound.com*

Ingredients:

1 medium acorn, kabocha, or celebration squash (about 1 pound)

1 tablespoon unsalted butter, cut into 4 pieces and at room temperature

Kosher salt

Freshly ground black pepper

2 teaspoons packed light or dark brown sugar

Directions:

Heat the oven to 400°F and arrange a rack in the middle. Cut the squash in half lengthwise and scrape out the seeds. Cut a small slice off the rounded side of each half to stabilize the

halves so they sit upright.

Using your fingers, coat the flesh of each half with 1 piece of the butter, then season generously with salt and pepper. Divide the sugar and remaining butter pieces among the squash cavities.

Place the halves cut-side up on a baking sheet. Roast until fork-tender, 45 minutes to 1 hour.

Kabocha Squash Soup

Ingredients:

2 kabocha or 3 delicata squash, halved lengthwise and seeded (or substitute any squash)

1 onion, chopped

3 cups vegetable broth

1 1/2 cups heavy whipping cream

2 tablespoons butter

salt to taste

ground black pepper to taste

Directions:

Preheat oven to 325 degrees F (165 degrees C). Place the squash, cut sides down, in a baking dish. Add 1/8 inch water in baking dish, cover with foil and bake 35-40 minutes or until tender. Cool.

In a large saucepan, melt butter. Add onion and cook over low heat, stirring occasionally until onion is softened but not brown.

Scrape the squash out of the flesh and add to onions. Add the stock and heavy cream. Cook over moderate heat, stirring occasionally, about 25 minutes.

Puree the soup in a blender or food processor. Season with salt and pepper to taste and serve.

Butternut Squash and Parmesan Dip

Adapted from theKitchn.com

Ingredients:

1 butternut squash, halved and seeded

2 teaspoons olive oil

3 sprigs of fresh thyme, divided

1 cup freshly grated parmesan cheese, divided (any salty cheese will

work) 1/4 teaspoon freshly grated nutmeg

1/2 teaspoon salt

1/4 cup whole milk or half and half

Directions:

Preheat oven to 400 degrees. Rub each half of the squash, inside and out, with a teaspoon of olive oil and season with salt and pepper. Place upside-down on a foil-lined baking sheet, with one sprig of thyme tucked into the cavity of each half. Roast for about 45 minutes, until a fork poked into the non-hollow end of the squash slides in easily. Remove and let cool just slightly.

Scoop out the flesh of the squash halves and add to the bowl of a food processor (you can also mash by hand with a potato masher or fork, it will just be a bit chunkier). Add 3/4 cup of the cheese, the leaves from the remaining thyme sprig, nutmeg, and salt. Pulse until blended, then pour in the milk or half and half while the machine is running.

Transfer mixture to a small gratin dish (about 8 inches long) or a shallow pie plate. Sprinkle on the remaining 1/4 cup cheese and return to the oven for about 20 minutes. After 15 minutes, turn on the broiler so that the top of the dip gets brown. Serve with crackers, toast, or pita chips.