



Fun Facts:

- Squash is one of the oldest known vegetables. It is believed that squash was being grown in Mexico as long as 10,000 years ago. Squash was part of the pre-Columbian Indians diet in North and South America.
- Squash actually grows from the flowers on the squash plant.

Butternut Squash with Black Beans:

Makes: 6 servings

Ingredients

- 2 3/4 cups Butternut squash, cubed (1 small squash, about 1 pound)
- 1 teaspoon vegetable oil
- 1 onion (small, chopped)
- 1/4 teaspoon garlic powder
- 1/4 cup red wine vinegar
- 1/4 cup water



2 cans black beans (16 ounces, rinsed and drained)
1/2 teaspoon oregano

Directions

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife.
3. Cut the squash into 1/2 inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash.
6. Cook for 5 minutes on medium heat.
7. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
8. Add the beans and oregano. Cook until the beans are heated through.

Squash: 1 cup cubed
Calories 82
Protein 2 grams
Fat 0
Carbohydrate 22 grams
Fiber 0
Calcium 84 mg
Iron 1.2 mg
Sodium 8 mg
Vitamin A 22,869 IU
Vitamin C 31 mg

Roasted Acorn Squash Salad:

Ingredients

- 1/4 teaspoon Crushed red pepper flakes
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon Kosher salt
- 1 large acorn squash (seeded, and sliced 1/2 inch thick, about 2 pounds)
- 3 tablespoons olive oil
- 1 cup apple cider
- 2 cups pearl couscous
- 3 tablespoons red wine vinegar
- 2 teaspoons Dijon mustard
- 1/2 small red onion (thinly slice)
- 4 cups baby spinach
- 1/4 cup toasted pecans (roughly chopped, optional)



Directions

1. Heat oven to 425 degrees F. In a small bowl, combine the red pepper, cinnamon, and 1/2 teaspoon of salt. On a large rimmed baking sheet, toss the squash, with 2 tablespoons of oil, then the spice mixture. Arrange the squash in an even layer and roast, turning once, until lightly golden brown and tender, 18 to 22 minutes.
2. Meanwhile, bring the cider to a boil in a small saucepan. Reduce heat and simmer until liquid has reduced to 1/4 cup, about 15 minutes. Cook the couscous according to package directions.
3. In a large bowl, whisk together the reduced cider, vinegar, mustard, and the remaining 1 tablespoon of oil.
4. Add the couscous, onion and spinach to the dressing. Toss until the spinach is beginning to wilt, then carefully fold in the squash. Sprinkle with the pecans if desired.