Enjoy Farmers Market Produce

Butternut Squash

Butternut squash is a winter squash. It is a great source of vitamins A and C, potassium and fiber. It is delicious baked, boiled or roasted. Cooked and pureed, winter squash freezes well.

Butternut Squash Stew

- ½ butternut squash
- ½ cup onion chopped
- 1 ¾ cups diced tomatoes
- 1 Tablespoon lemon juice
- 1 Tablespoon brown sugar
- 2 teaspoons vegetable oil
- 2 cups chopped kale
- 2 cloves garlic, minced
- 1 teaspoon mustard
- 1 teaspoon oregano
- 1 teaspoon salt
- 2 cups cooked rice

1. Peel and seed squash. Cut into ½-inch cubes.
2. Wash and chop kale.
3. Chop onion and mince garlic.
4. Make sauce: mix tomatoes, lemon juice, brown sugar, mustard, oregano and salt in medium bowl; set aside.
5. Heat oil in frying pan on medium. Add onion and garlic; sauté until onion is soft, about 3 minutes.
6. Stir in squash and sauce. Cover pan, increase heat to medium-high and cook until squash is tender, about 15 minutes.
7. Add cooked rice and kale. Cover and cook for another 5 minutes.

Other ways to enjoy butternut squash

- Bake then mash with cinnamon
- Stuff with rice or other filling and bake
- Roast with potatoes

Adapted from the Get Fresh! at Your Farmers' Market recipe series, Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University.

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