



Pumpkin

Health Benefits of Pumpkin

Pumpkins are not just Halloween or Thanksgiving decorations. Along with other winter squash, pumpkin is a nutritious and inexpensive addition to your fall and winter meals. Enjoy roasted or pureed.

1 cup mashed pumpkin provides:

- 49 Calories, 2 gm protein, 3 gm fiber, no fat, no cholesterol

Potential benefits of consuming pumpkin:

- Rich source of beta carotene, a powerful antioxidant associated with lower risk of cancer, heart disease and diabetes
- Good source of potassium for lowering blood pressure
- Vitamin C in pumpkin protects against macular degeneration
- Also contains B vitamins, iron and magnesium
- Use cubes in soups and stews; Roast for a delicious side dish
- Pureed pumpkin can be added to sauces, mixed into muffins or pancake batter, or substituted for oil or butter in recipes. Make your own puree or buy canned without added ingredients
- Roast pumpkin seeds for a nutritious snack for the whole family

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Family & Community Health and Advanced Health





Give Them More
— of the —
Good Stuff!

Winter Squash Basics

Shop and Save

- Choose squash that are firm and heavy for their size with dull skin. Avoid squash with soft spots or broken skin.
- Winter squash is usually available year round but may be cheaper and taste better in fall and winter.
- Canned winter squash are available year round and might be the best buy if you only need a small amount. Some squash are also available frozen.

*Most types
of winter squash
can be used in
any recipe
or dish*

*Winter squash is an excellent source
of vitamin A and also provides
many minerals.*



1 pound of squash makes about
2 cups cooked pieces or
1 1/2 cups mashed

Types of Winter Squash



Acorn - smaller and acorn-shaped with dark green skin and ridges.

Butternut - long and pear-shaped with smooth, beige skin that can be peeled or cut more easily.



Pumpkin - round, small to very large, orange or white squash.

Spaghetti - oval shaped with light yellow skin. The cooked flesh separates into strands similar to spaghetti.



Hubbard - large with thick, bumpy skin that is dark green, gray or blue. Sometimes sold in cut pieces at the store. The flesh has a smooth texture.



Delicata - oblong with striped cream and green skin. Thinner skin is easier to cut.



Store Well Waste Less

- Store whole squash in a cool, dark, dry place. If uncut, some varieties can last up to 3 months.
- Rinse squash under running water before peeling or cutting. Once cut, wrap tightly in plastic

wrap or seal in a bag; store in refrigerator for up to 1 week.

- You can freeze cooked squash to use later in main dishes, soups, chili or baked goods. Pack meal-sized amounts in freezer bags or containers. Use within 1 year.



Cooking with Winter Squash

Cooking Winter Squash

Most winter squash have tough, hard skins. It is easier to cook them with the skin on.

1 Wash the skin and cut squash in half lengthwise or in 1-inch rings. If squash is too tough to cut, microwave or bake for a few minutes until squash is warm to the touch and soft enough to cut.

2 Remove seeds and stringy fibers with a spoon. Save seeds for roasting later! Cover and refrigerate seeds for up to 1 day.

3 Cook squash. The squash flesh should be easily pierced by a fork when done.

Microwave (shortest cooking time). Place squash cut side down on a microwave-safe dish with 1 to 2 tablespoons water. Cook on HIGH, checking for doneness every few minutes. Cooking time depends on amount of squash and power of the microwave.

Bake at 350 to 425 degrees. Line a baking dish with foil for easier clean up. For a "roasted" flavor, rub squash with a little vegetable oil and cook uncovered. For a "steamed" texture, add ½ cup water to the pan and cover with foil. Check for doneness after about 45 minutes. Larger squash may take longer to cook.

4 Season cooked squash with your favorite spices. For a "sweet" flavor, try cinnamon, nutmeg, allspice or ginger. For a "savory" flavor, use garlic powder, onion powder, chili powder, parsley or oregano.

5 Refrigerate or freeze leftovers.

Top Spaghetti Squash

with imagination. Try pasta sauce, parmesan cheese and mushrooms, sauteed vegetables, or chili.

Kids Can!

Kids Can help Roast Squash Seeds:

- ✿ Rinse seeds in a colander under hot water.
- ✿ Separate seeds from stringy fibers.

Roast Seeds in Microwave or Oven

Microwave in a covered microwave-safe dish until seeds are crispy, stirring occasionally.

Bake in the oven in a covered baking dish or on a flat baking pan:

- 250 degrees for a slower roast
- Higher temperature (400 degrees) for faster cooking
- Watch closely to avoid burning

Glazed Squash

Ingredients:

Cooking spray

2 pounds **winter squash** (try acorn, butternut, delicata or others)

3 tablespoons **brown sugar**

¼ teaspoon each **salt** and **pepper**

Directions:

1. Preheat oven to 400 degrees. Line a rimmed baking sheet with foil. Lightly spray foil with cooking spray.
2. Wash the squash, cut in half and scoop out seeds. Cut into 1-inch thick slices and lay on baking sheet.
3. In a small bowl, combine brown sugar, salt and pepper. Sprinkle squash with half the seasoning mixture.
4. Bake until sugar has melted, about 4 to 6 minutes. Remove baking sheet from oven and turn squash slices over. Sprinkle remaining seasoning mixture over squash and return to the oven. Bake until squash is tender, about 15 to 20 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

Go to
FoodHero.org
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squash recipes