

## RECIPES

## Mashed Winter Squash




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**Ingredients** (2 serving)

- 1 cup winter squash (peeled, seeds removed, cut into small pieces)
- 1 tablespoon margarine
- 1<sup>1</sup>/<sub>2</sub> teaspoons brown or regular sugar
- 1/4 teaspoon salt
- 2 tablespoons orange juice

**Healthy add-in:** After mixing, stir in a few teaspoons of toasted nuts.

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**Instructions**

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
  2. Wash and bake or boil squash until soft. Mash with a fork.
  3. Mix in margarine, sugar and salt. Add the orange juice, a tablespoon at a time, until squash is the thickness you like.
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**Nutrition Information per serving**

98 calories, 5.7 g fat, 1.2 g sat fat,  
.7 g protein, 12 g carbohydrate,  
1 g fiber, 359 mg sodium.

**WINTER SQUASH**

**Choose:** squash that is heavy for its size. Avoid squash with soft spots or cracks.

**Store:** in the refrigerator or in a cool, dark place. Store butternut squash for up to a month, and butternut and acorn squash for up to 3 months.

**How much?** 1 pound = 1 cup cooked pureed squash.