

# Health Tip of the Month

## Ways to Winter Squash

Winter squash varieties are available during fall and winter and are affordable ingredients for your plate!

As a filling and healthy food, winter squash is low in calories, an excellent source of Vitamin A, and a good source of Vitamin C, B vitamins, and fiber. Antioxidant and anti-inflammatory properties can boost heart health and relieve symptoms of arthritis. Choose winter squash with firm skin and wash under cold running water before cutting it. You can bake, boil, steam or sauté winter squash.

### Recipe: Maple Roasted Winter Squash

#### Ingredients:

1 acorn squash  
1 butternut squash  
2 tablespoons olive oil  
½ cup maple syrup  
Salt and black pepper (optional)  
Crumbled goat cheese  
Toasted almond slices  
Pomegranate seeds (optional)

#### Directions:

1. Preheat oven to 400 F.
2. Toss the sliced acorn and butternut squash with olive oil, salt, pepper and maple syrup.
3. Place the squash on a lined baking sheet, spreading the squash to allow even cooking.
4. Roast until tender and golden (25-30 minutes).
5. Garnish with pomegranate seeds, cheese and almond slices.

## Common Types of Winter Squash



**Acorn:** Small sized with orange yellow flesh and dark green skin. Mild, subtly sweet and nutty in flavor.



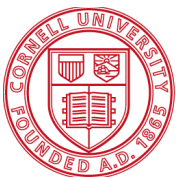
**Butternut:** Pear-shaped with cream-colored skin. Sweetest variety of winter squashes, can be used for desserts and savory foods.



**Pumpkin:** Pumpkin is a type of squash! Some varieties are for carving while some are grown for eating. Ideal for soup, curries, bread and pies!



**Spaghetti:** The flesh resembles spaghetti strands, giving it its name. Flavor is mild and lacks sweetness thus very easy to use with your favorite sauce and mix with other vegetables.



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**Worksite Wellness Initiative:** by Cathy Zhang, Dietetic Intern  
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