



## Winter Squash



For fun facts about winter squash, as well as tips and tricks to help you pick, prepare, and eat more winter squash this month, check out Pennsylvania Harvest of the Month resources at <https://www.paharvestofthemoth.org/>.

Resources include:

[“In The Kitchen” Videos](#)

[Family Newsletters](#)

[Fact Sheets](#)

[Pre-School Activities](#)

And more!



## November Recipes

### Winter Squash & Quinoa Gratin

Makes 4-6 servings

#### Ingredients

- 1 tbsp. extra virgin olive oil
- 1 medium yellow onion, chopped
- 3 garlic cloves, minced
- 1 ½ lbs. winter squash (acorn, butternut, etc.), peeled and cut into 1-inch cubes
- 1 tsp. fresh thyme, chopped (or 1/2 tsp. dried)
- 1 tsp. fresh rosemary, chopped (or 1/2 tsp. dried)
- 6 egg whites
- 1 cup cooked quinoa
- 1/3 cup grated Swiss cheese
- 1/4 tsp. salt
- 1/2 tsp. pepper

#### Directions

1. Preheat oven to 375 °F.
2. Oil a 2-qt. baking dish and set aside.
3. In a large skillet, over medium heat, heat the oil and onion. Cook until tender (about 5 minutes). Add garlic and a pinch of salt. Cook until fragrant (about another minute).
4. Add the squash and herbs. Cook, stirring often, until the squash is tender (not mushy), about 10 minutes.
5. In a large bowl, beat the eggs. Stir in the squash mixture, quinoa, and cheese. Mix well and season with salt and pepper. Transfer to the baking dish.
6. Place the baking dish in the oven, uncovered, and bake for 35 minutes or until the top is lightly browned.

#### Notes

- Serve hot, warm, or at room temperature.

**Nutrition Facts:** 82 Calories, 5g Total Fat, ≤1g Saturated Fat, 2mg Cholesterol, 50mg Sodium, 8g Carbohydrates, 4g Total Sugars (0g Added Sugars), 1g Protein.

**Source:** [ACHA Food For and From the Heart: Healthy Squash Recipes](#) - Credit Emily Earhart - <https://www.achaheart.org>

**Video:** <https://www.youtube.com/watch?v=J6rNsQrAdm>

### Baked Apples and Squash

Makes 4 servings

#### Ingredients

- 2 cups winter squash cubes
- 2 cups apple cubes
- 1 tbsp. vegetable oil
- 1/2 tsp. cinnamon
- 1 tbsp. sugar
- 1/2 tsp. salt

#### Directions

1. Rinse or scrub fresh fruits and vegetables under running water before preparing.
2. Preheat oven to 425 °F.
3. In a large bowl, combine all ingredients. Toss to coat evenly.
4. Spread the mixture on a baking sheet.
5. Bake for 20-30 minutes or until squash is soft.

#### Notes

- Refrigerate leftovers within 2 hours.
- Try adding chopped nuts or seeds.

**Nutrition Facts** (3/4 cup): 110 Calories, 3.5g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 290mg Sodium, 20g Carbohydrates, 11g Total Sugars (3g Added Sugars), 1g Protein.

**Source:** [www.foodhero.org](http://www.foodhero.org)

Looking for other easy ways to enjoy winter squash? Visit:

<https://fruitsandveggies.org/blog/top-10-ways-to-enjoy-pumpkin/>

<https://fruitsandveggies.org/blog/top-10-ways-to-enjoy-acorn-squash/>