



Quick Bites — Squash (winter)

True American natives, winter squash have hard skins unlike the soft-skinned summer squash. They also come in a wonderful variety of colors, textures and flavors. Names like buttercup, banana, turban and delicata may sound delightful and pique your interest, but if you're like many Americans, their irregular shapes and textures have kept you from venturing beyond the convenient canned pumpkin. The most common varieties you'll see in supermarkets are acorn, butternut, spaghetti and hubbard.

What's in Winter Squash?

Winter squash are excellent sources of vitamin A, good sources of vitamin C and dietary fiber. They are also a good way to get potassium.

Winter squash, including pumpkins, are rich in carotenoids, including:

- beta-carotene and alpha-carotene: these carotenoids can act as antioxidants. Also, our bodies convert these to vitamin A, a nutrient important for immune function and maintaining healthy cells among other roles.
- lutein and zeaxanthin: these yellow pigmented carotenoids help protect eye health by filtering high-energy ultraviolet rays that can damage our eyes' lens and retina. They act as antioxidants here and possibly elsewhere in our bodies.



- From AICR Health Talk - www.aicr.org

Nutrition Facts: Butternut squash

Serving Size: 85 grams (1/2 cup)

Calories per serving: 34 calories

Excellent Source*

Good Source**

Vitamin A

Fiber

Vitamin C

Caramelized Carrots and Orange Squash

Ingredients:

1/2 cup raisins	2/3 cup apple juice
3 Tbsp. light olive oil	1/2 tsp. ground cinnamon
2 lbs. carrots, peeled and sliced diagonally, 1/4-inch pieces	
1 small butternut squash, peeled, and cubed, 1/2-inch cubes	
1 small acorn squash (about 1 lb), seeds removed, peeled, cubed, 1/2-inch cubes	
2 1/2 Tbsp. date syrup/honey (or dark honey)	
Sea salt and coarsely ground black pepper, to taste	
1/2 cup apricot halves cut into small pieces	

Directions:

Preheat oven to 400 degrees F.

Soak raisins in apple juice.

Line large baking sheet with two sheets of parchment paper.

In large bowl, mix vegetables, oil, syrup, cinnamon and add salt and pepper to taste. Spread mixture on baking pan.

Bake until carrots (the longest to bake) are just soft then add raisins and apricots. Bake about 10 minutes longer, until carrots are soft enough for fork to prick through. Serve immediately or, if refrigerating for several hours or more, pour 1/3 cup apple juice over vegetables to keep moist before reheating.

Makes 10 servings.

Per serving: 188 calories, 4 g total fat (<1 g saturated fat), 39 g carbohydrate, 3 g protein, 6 g dietary fiber, 70 mg sodium.

*For more information:
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