

## WINTER SQUASH

### Types

**Acorn, Delicata, Spaghetti:** These types are best within a month or two of harvest.

**Butternut, Cheese Pumpkin:** These types can be stored for 2 to 3 months.

**Buttercup, Hubbard, Kabocha, Red Kuri, Turban:** These types may be stored up to 6 months.

### Selection Info

Pick winter squash that are heavy for their size. Avoid winter squash that have moist, black, or shriveled stems. A squash with a green rind should have an orange spot where it rested on the ground. Butternut squash should be deep tan without green streaks. The stem of buttercup and similar squashes should have a dry corky surface.

### Preparation

Wash winter squash under cool running water to clean just before use.

**Roast:** Slice squash in half, remove seeds, and poke a few holes in the skin. Sprinkle the squash with salt and pepper to taste and drizzle with 1-2 tablespoons of olive oil. Place the squash cut side down on a roasting pan. Roast for 30 to 45 minutes. It should be done when you can easily pierce the flesh with a fork. Scoop out flesh and enjoy.

**Microwave:** Cut squash in half, pierce the skin, season with salt and pepper, and place face down in microwave-safe bowl. Cover with a damp paper towel and cook for 5 to 20 minutes. It should be done when you can easily pierce the flesh with a fork. Scoop out flesh and enjoy.

### Storage

**Short-Term Storage:** Whole squash can be stored at room temperature, unwashed, for 3 to 6 months.

Winter squash has a much longer storage life than summer squash. Depending on the variety, it can be kept from one week to six months. The ideal temperature for storing winter squash is 50-60 degrees F (about 1 - 15 C).



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# SWEET POTATO SQUASH PANCAKES

## Ingredients

- 1 teaspoon vegetable oil
- 1 large sweet potato
- 1 large winter squash
- 1/4 cup onion (chopped)
- 2 large egg whites
- 2 tablespoons fresh chives (chopped)
- 1 tablespoon all purpose flour
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper

## Directions

1. Bring a large pot of water to a boil over high heat.
2. Peel, wash, and chop the sweet potato and winter squash into cubes of roughly equal size. These short videos show preparation tips for acorn squash and butternut squash.
3. Add the squash and sweet potato to the boiling water and reduce heat to medium-high. Boil until they are tender (about 15 minutes).
4. Drain, cool, and mash the squash and sweet potato. Make sure the mixture is cool or else you will cook the egg whites.
5. Add the other ingredients to the mashed squash-sweet potato mixture.
6. Heat oven to 200°F.
7. Spray 10-inch skillet with nonstick cooking spray. Heat the skillet over medium heat.
8. Cook pancakes in skillet one at a time. For each pancake, spoon 1/3 cup batter into the skillet and flatten slightly. Cook about 5 minutes on each side or until golden brown.

9. Spray pan before starting each pancake.
10. Place cooked pancakes on an ungreased cookie sheet, and keep them warm in oven while you cook the remaining pancakes.



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### Nutrition Information

Serving Size 1/6 of recipe

Nutrients	Amount
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Total Calories	45
Protein	2g
Carbohydrates	8g
Dietary Fiber	1g
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	230mg