

Buttercup & Kabocha Squash



SEASONALITY



NUTRITIONAL PROPERTIES

Both buttercup and kabocha squash are a good source of fiber, vitamin A, and vitamin C. They are a good source of folate at about 24 µg per 3.5 oz serving. These squash are naturally low in sodium and high in potassium.

STORAGE

Store in a cool, dry, and dark area around 55 ° F.
Lasts up to 6 months.

PRESERVATION

Roasted and mashed buttercup or kabocha can be stored in frozen cubes. The green skin of buttercup squash is edible but is quite tough, most choose to not consume the skin of either buttercup or kabocha.

HOW TO PREPARE

1. Preheat the oven to 425 ° F.
2. Half the squash and scoop out the seeds.
3. Cut the squash in slices, about 1/2 -1 inches thick.
4. Place on baking tray and lightly oil.
5. Sprinkle with spices, salt, pepper.
6. Roast for 20 minutes, flip, and roast for another 15-20 minutes.

Roasted buttercup or kabocha squash can be added to fall salads. Roasted and mashed buttercup squash can be added to soups, curries, or sauces.

RECIPES FROM HDFFA

with buttercup or kabocha squash

- Add winter squash to Three Sisters Fritters
- Add winter squash to Tuna Cakes and Roasted Root Vegetables
- Holiday Roasted Squash

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