

Red Kuri Squash



SEASONALITY



NUTRITIONAL PROPERTIES

Red kuri squash is a good source of vitamin A, vitamin C, calcium, niacin, folate, and a very good source of fiber.

STORAGE

Store in a cool, dry, and dark area around 55 ° F.
Red kuri squash can last up to 3-4 months.

PRESERVATION

Roasted and mashed red kuri can be stored in frozen cubes. The orange skin of red kuri squash is indeed edible but is quite tough.

HOW TO PREPARE

1. Preheat the oven to 425 ° F.
2. Cut the stem off the squash, cut in half.
3. Scoop out the seeds with a spoon.
4. Cut the squash into 1/2 inch slices.
5. Lightly oil a cookie sheet. Toss or coat the slices of squash with oil. Sprinkle with spices, salt, pepper.
6. Roast for 20-30 minutes.

Roasted red kuri squash can be added to fall salads, risotto, soups, stir fries, or served as a side.

RECIPES FROM HDFFA

with red kuri squash

- Add red kuri squash to vegetable Stir Fry
- Three Sisters Fritters
- Tuna Cakes and Roasted Root Vegetables
- Holiday Roasted Squash

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