

# Roasted Butternut Squash

SERVING: 3 / 4 CUP  
YIELD: 4

PREP TIME: 10 MIN  
TOTAL TIME: 60 MIN

## Ingredients

- 1 large butternut squash (about 3 pounds), peeled and seeded and cut in 1/2-inch to 1-inch chunks
- 1 tsp Pepper
- 1/2 tsp Garlic Powder
- 1/4 tsp Rubbed Sage
- 1/2 tsp Salt
- 2 tbsp Extra Virgin Olive Oil

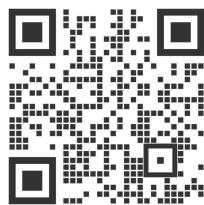
## Roasted Butternut Squash Seeds

1. Preheat the oven to 375 degrees F.
2. Rinse remaining seeds in strainer.
3. Place on paper towel and dry seeds.
4. Place on sheet pan and drizzle with 1/2 tbsp oil and dash of salt (1/16 tsp).
5. Roast for 15-20 minutes.

## Directions

1. Preheat the oven to 425 degrees F.
2. Place the chunks of squash on a sheet pan and drizzle with the olive oil and seasonings and toss well. Arrange the squash in one layer and roast for 45-50 minutes, until the squash is tender, turning once with a spatula halfway through. Enjoy!

\*Cost information includes lower cost ingredients found at local grocery store 11/01/22.



STAR Cooking

## Roasted Butternut Squash

| Nutrition Facts   |                       |
|---|-----------------------|
| 4 servings per container  |                       |
| <b>Serving size</b>   | <b>3/4 cup (0.0g)</b> |
| Amount Per Serving  |                       |
| Calories  | 120                   |
| % Daily Value*  |                       |
| <b>Total Fat</b> 7g   | <b>9%</b>             |
| Saturated Fat 1g  | <b>5%</b>             |
| Trans Fat 0g  |                       |
| <b>Cholesterol</b> 0mg  | <b>0%</b>             |
| <b>Sodium</b> 300mg   | <b>13%</b>            |
| <b>Total Carbohydrate</b> 16g   | <b>6%</b>             |
| Dietary Fiber 3g  | <b>11%</b>            |
| Total Sugars 3g   |                       |
| Includes 0g Added Sugars  | <b>0%</b>             |
| Protein   | 1g                    |
| Vitamin D 0mcg  | 0%                    |
| Calcium 70mg  | 6%                    |
| Iron 1mg  | 6%                    |
| Potassium 490mg   | 10%                   |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                       |

## Roasted Butternut Squash Seeds

| Nutrition Facts   |                       |
|---|-----------------------|
| 1 serving per container   |                       |
| <b>Serving size</b>   | <b>1/4 cup (0.0g)</b> |
| Amount Per Serving  |                       |
| Calories  | 190                   |
| % Daily Value*  |                       |
| <b>Total Fat</b> 12g  | <b>15%</b>            |
| Saturated Fat 2g  | <b>10%</b>            |
| Trans Fat 0g  |                       |
| <b>Cholesterol</b> 0mg  | <b>0%</b>             |
| <b>Sodium</b> 180mg   | <b>8%</b>             |
| <b>Total Carbohydrate</b> 15g   | <b>5%</b>             |
| Dietary Fiber 5g  | <b>18%</b>            |
| Total Sugars 3g   |                       |
| Includes 0g Added Sugars  | <b>0%</b>             |
| Protein   | 5g                    |
| Vitamin D 0mcg  | 0%                    |
| Calcium 20mg  | 2%                    |
| Iron 0.9mg  | 6%                    |
| Potassium 260mg   | 6%                    |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                       |

## Cost Per Recipe

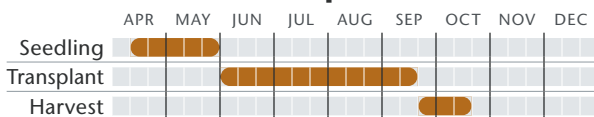
\$0.98 per pound (about 3 Ibs plus other ingredients) = \$3.15

## Cost Per Serving

\$0.79

## All About Winter Squashes

### Seasonal Crop Growth



Adapted from WSU Extension Publication EM057E.

### Nutrient Power Pack

Winter squashes contain key nutrients that benefit your health. ½ cup provides the following Daily Value (%DV).

#### Vitamin A ►

More than 20 %

More than 20 %

#### ◄ Vitamin C

#### Folate ►

2–9 %

2–9 %

#### ◄ Potassium

#### Calcium ►

2–9 %

2–9 %

#### ◄ Iron

#### Fiber ►

2–9 %

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);  
FDA Guidance for Industry Food Labeling Guide (2013)

### Did You Know?

- \* Squash are one of the “**three sisters**” traditionally planted together by Native Americans, along with maize (corn) and beans.
- \* Popular varieties include **pumpkin**, butternut, acorn and spaghetti squash.
- \* The center has seeds which are usually scooped out before cooking. The **seeds can be roasted** in the oven and eaten as a snack.

Distributed by

More brochures to help you add fruits and vegetables to your diet are available at [wasnap-ed.org/FFF](http://wasnap-ed.org/FFF).



## SNAP-Ed

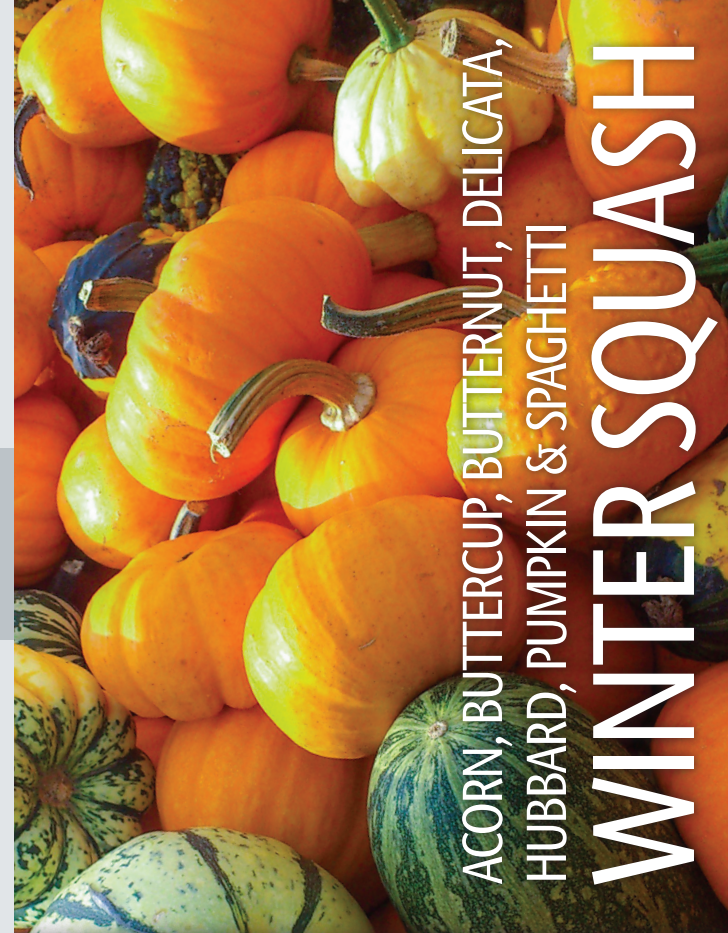
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Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

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ACORN, BUTTERNUT, DELICATA,  
HUBBARD, PUMPKIN & SPAGHETTI  
**WINTER SQUASH**

