November is here, which brings lots of fresh produce including:

- Apples
- Cabbage
- Cauliflower
- Garlic
- Mushrooms
- Potatoes
- Pumpkin
- Squash

The recipe below features butternut squash. Here are a few facts about and tips for picking and storing the squash:

- Picking the Right Squash: It should feel heavy for its size
- Storing: An uncut squash will last in a cool, dark place for about a month. Once cut, you should place it in the refrigerator.
- No fat, cholesterol, or sodium! Good source of fiber, potassium, magnesium, and vitamins A and C.
- While often confused as a vegetable, squash are fruit because they have seeds inside them!

**Squash Soup**

* Serves 6

1 Tbsp. Olive Oil
2 medium Onions, chopped
2 medium Carrots, chopped
2 Garlic cloves, cut very small
1 cup Tomato Puree (canned)
5 cups Chicken or Vegetable broth, low sodium
4 cups Butternut Squash, cooked
1 ½ Tbsp. Oregano
1 ½ Tbsp. Basil

**Food Preparation**

**Cooking your butternut squash:**

Wash the squash with warm water and scrub with a vegetable brush. Do not use any soap. Peel carefully with a small knife or vegetable peeler. Cut squash in half and scrape away seeds with a strong spoon. Cut remaining squash into 1-inch cubes.

**Boil Method**
Place cubes in a pot and place water in the pot until the squash is completely covered. Bring the water to a boil. Test how hard the squash is with a fork (you will know it is done when the squash becomes soft to the touch). When the flesh is soft, drain from boiling water.

**Microwave Method**
Place cubes in a microwave-safe bowl. Cover with plastic wrap. Place in microwave and heat on the high setting. Take out and check the squash every minute, continue to cook until squash is soft.

**Cooking Instructions**

1) Place Olive Oil in a large saucepan over medium heat and warm for 2-3 minutes
2) Once the oil is heated, add in chopped onions, carrots, and garlic
3) Cook for 5 minutes with a lid on the pan
4) Add in the tomato paste, broth, cooked squash, oregano, and basil while stirring the mixture
5) Bring soup to a simmer and cook with a lid on for 30 minutes

**Butternut Squash Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 127</td>
<td>6%</td>
</tr>
<tr>
<td>Carbohydrates 19g</td>
<td>6%</td>
</tr>
<tr>
<td>Protein 5g</td>
<td>10%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
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<tr>
<td>Sodium 95mg</td>
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<tr>
<td>Sodium 5mg</td>
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<tr>
<td>Calcium 95mg</td>
<td>4%</td>
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<tr>
<td>Iron 1mg</td>
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<tr>
<td>Potassium 735mg</td>
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</tbody>
</table>

**Nutrition Facts for 1 Serving:** 127 Calories 1g Saturated Fat, 1 mg Cholesterol, 251 mg Sodium, 19g Carbs., 4g Dietary Fiber, 7g Total Sugar, 6g Protein, 95mg Calcium 3mg Iron, 735mg Potassium

Adapted from choosemyplate.gov