



Produce Prescription Program

November Produce Guide

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

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

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
- 1½ Tbsp. Oregano
- 1½ 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

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

Nutrition Facts

Serving Size 1/2 cup cubes (120g)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 260%	Vitamin C 40%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Butternut Squash Nutrition Facts



Adapted from choosemyplate.gov