

# November Produce Guide

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

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

The recipe below features butternut squash. Here are a few facts 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.
- 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!

## Simple Roasted Butternut Squash

Makes 4 servings. Cook time: 25 minutes.

- 1 butternut squash – peeled, seeded, and cut into 1 -inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and ground black pepper to taste

### Instructions:

- 1) Preheat oven to 400 degrees F.
- 2) Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.
- 3) Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

[Adapted from [Allrecipes.com](https://www.allrecipes.com)]

