



# Welcome to the Squash Family

- Squash is a vegetable which is available in multiple shapes, colors and differ in taste.
- Squash has one of the highest varieties and is classified into summer and winter type.
- The summer and winter forms do not actually mean the seasonal type but is based on the “perishability” of the squash.
- The winter squash have a harder skin and hard seeds.
- The summer squash have a thinner skin and soft seeds.
- Both variations are found round the year.
- Summer squash can keep for up to two weeks and winter squash for a couple of months.





# Fall Into Nutrition

- **The brilliant yellow and orange colors of these squash fruits and vegetables are a rich source of beta-carotene.**
- **Beta-carotene is a recognized for disease prevention.**
- **Within the body, carotenoids are converted into Vitamin A (retinol).**
- **Vitamin A is essential for bone growth, eye function, female reproduction, cell division and cell differentiation.**
- **Vitamin A plays an important role in regulating the immune system.**
- **Vitamin A helps prevent certain cancers and heart disease.**
- **There is a decreased risk of heart disease and cancer for those who consume 4 or more daily servings of fruits and vegetables high in beta-carotene.**
- **Beta-carotene is a free-radical scavenger.**
- **Sources rich in beta-carotene are pumpkin, butternut squash, acorn squash and zucchini squash.**

# Health Benefits of Zucchini



- Zucchini's are descendants of the wild squash plants that were cultivated around 10,000 years ago in Central America.
- Zucchini was brought to Europe by Christopher Columbus, the Portuguese and the Spanish explorers.
- The modern day zucchini is the result of a variety of summer squash developed in Italy.
- In fact, the word zucchini is derived from 'zucchino' meaning 'a small squash.'
- Zucchini is low in calories.
- Zucchini contains a high concentration of water.
- Zucchini contains high levels of Vitamins A and C which are powerful antioxidants to help prevent disease.
- Zucchini contain dietary fiber which lowers cholesterol by attaching itself to bile acids which are produced by the liver from the cholesterol.
- Dietary fiber helps the body stay regular eliminating carcinogenic toxins.



# Zucchini Bread

- 2 to 3 medium zucchini (2 cups shredded)
- 3 large eggs
- 1 3/4 cups granulated sugar
- 1 cup vegetable oil
- 2 cups [all-purpose flour](#)
- 1/4 teaspoon [baking powder](#)
- 2 teaspoons baking soda
- 2 teaspoons ground [cinnamon](#)
- 1 teaspoon salt
- 2 teaspoons [vanilla](#)
- 1 cup chopped walnuts, if desired



# Zucchini Bread

## Method:

Heat the oven to 350 F . Grease and flour two 8 1/2 x 4 1/2-inch loaf pans.

Shred the zucchini by hand using a box or microplane grater or with the shredding disk of a food processor.

Put the zucchini in mesh strainer or colander and press or squeeze with hands to get some of the excess liquid out. You should have approximately 2 cups of shredded zucchini.

In a mixing bowl with an electric mixer beat the eggs, granulated sugar, and vegetable oil together.

Stir in the flour, baking powder, baking soda, cinnamon, salt, vanilla, and walnuts, mixing just until all ingredients are combined. Add drained zucchini. Mix well.

Pour the batter into the prepared loaf pans.

Bake the zucchini bread for 55 to 60 minutes, or until a wooden pick inserted in the center of a loaf comes out with little or no crumbs clinging to it.

Makes 2 loaves of zucchini bread.

# Vegetable of the Month:

## Squash Family

### Zucchini Bread

Serving Size: 1 slice (2.25 oz)

Calories: 200 kcal

Total Protein: 3.0 g

Total Fat: 15 g

Total CHO: 20 g

Fiber: 10 g

Sugars: 6.5 g

Ca+: 100 mg

Fe+: ---

Na+: 54 mg

K+: ---

Vitamin A: 100 IU

Vitamin C: ---

### Steamed Zucchini Vegetables

Serving Size: 1 cup

Calories: 54 kcal

Total Protein: 3.69 g

Total Fat: 0.41 g

Total CHO: 11.39 g

Fiber: 4.1 g

Sugars: 5.44 g

Ca+: 57 mg

Fe+: 1.62 mg

Na+: 6 mg

K+: 693 mg

Vitamin A: 630 IU

Vitamin C: 16.9 mg



# Savory Pumpkin Soup

- 2 TBSP Olive Oil
- 1 Sweet Onion, Finely Diced
- 4 cups Vegetable or Chicken Broth
- 2 Cloves Garlic, Crushed
- 3 cups Pumpkin Puree
- ¼ cup Apple Cider
- 1 TBSP Fresh Sage , Chopped
- 1 TBSP Fresh Rosemary, Chopped
- 1 Tsp Paprika
- Salt and Pepper, to taste

1. HEAT OLIVE OIL IN A DUTCH OVEN ON A BURNER SET TO MEDIUM HEAT. ADD THE ONION AND COOK UNTIL SOFT AND BROWNEED, ABOUT 10 MINUTES.
2. ADD THE BROTH, GARLIC, PUMPKIN PUREE, APPLE CIDER, SAGE, ROSEMARY, PAPRIKA, SALT AND PEPPER TO THE POT. STIR WELL. BRING TO A BOIL, THEN REDUCE HEAT TO LOW. COVER AND SIMMER FOR 30 MINUTES.
3. REMOVE THE LID AND STIR WELL. USE A STICK BLENDER TO PUREE THE SOUP (YOU WANT TO BREAK DOWN THE ONIONS AND ANY LARGE PIECES OF HERBS).
4. SERVE WARM. GARNISH WITH CRISPY BACON, SHALLOTS OR CROUTONS, if desired.



# Butternut Squash Soup

- 2 tablespoons extra-virgin olive oil**
- 1 carrot, diced**
- 1 celery stalk, diced**
- 1 onion, diced**
- 4 cups cubed butternut squash, fresh or frozen**
- 1/2 teaspoon chopped fresh thyme**
- 4 cups low-sodium chicken broth**
- 1/2 teaspoon fine sea salt**
- 1/2 teaspoon ground black pepper**

## **Method:**

**Heat oil in a large soup pot. Add carrot, celery and onion. Cook until vegetables have begun to soften and onion turns translucent, 3 to 4 minutes. Stir in butternut squash, thyme, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes. Use an immersion blender to purée soup. Alternatively, let the soup cool slightly and carefully purée in batches in an upright blender.**



# Vegetable of the Month:

## Squash Family

### Savory Pumpkin Soup

Serving Size: 1 cup

Calories: 115 kcal

Total Protein: 3.0 g

Total Fat: 4.0 g

Total CHO: 18 g

Fiber: 5.2 g

Sugars: 5.5 g

Ca<sup>+</sup>: 10 mg

Fe<sup>+</sup>: 0.37 mg

Na<sup>+</sup>: 490 mg

K<sup>+</sup>: 389 mg

Vitamin A: 1,250 IU

Vitamin C: 18 mg

### Butternut Squash Soup

Serving Size: 1 cup

Calories: 111 kcal

Total Protein: 2.0 g

Total Fat: 3.49 g

Total CHO: 18 g

Fiber: 4.1 g

Sugars: 4.99 g

Ca<sup>+</sup>: 41 mg

Fe<sup>+</sup>: 0.72 mg

Na<sup>+</sup>: 511 mg

K<sup>+</sup>: 449 mg

Vitamin A: 5,001 IU

Vitamin C: 31 mg

<http://www.tablespoon.com/recipes/savory-pumpkin-soup/>

<http://www.wholefoodsmarket.com/recipe/classic-butternut-squash-soup>

# Butternut Squash Fries



# Butternut Squash Fries



- 1. Preheat the oven to 425 degrees F (220 degrees C).**
- 2. Use a sharp knife to carefully cut away the peel from the squash. Cut the squash into sticks like French fries. Arrange squash pieces on a baking sheet and season with salt.**
- 3. Bake for 20 minutes in the preheated oven, turning the fries over halfway through baking. Fries are done when they are starting to brown on the edges and become crispy.**

# Vegetable of the Month:

## Squash Family

### Baked Butternut Squash Fries

Serving Size: 1 cup

Calories: 322 kcal

Total Protein: 5.84 g

Total Fat: 25.18 g

Total CHO: 21.5 g

Fiber: 6.6 g

Sugars: 4.04 g

Ca+: 244 mg

Fe+: 1.23 mg

Na+: 802 mg

K+: 582 mg

Vitamin A: 23,268 IU

Vitamin C: 31 mg

### Baked Zucchini Fries

Serving Size: 1 cup

Calories: 294 kcal

Total Protein: 7.69 g

Total Fat: 25.41 g

Total CHO: 11.39 g

Fiber: 4.1 g

Sugars: 5.44 g

Ca+: 217 mg

Fe+: 1.62 mg

Na+: 316 mg

K+: 693 mg

Vitamin A: 1,030 IU

Vitamin C: 16.9 mg

# Roasted Pumpkin Seeds



## Ingredients:

**One Medium Sized Pumpkin**

**Olive Oil**

**Salt**

## Method:

- 1. Preheat oven to 400° F.**
- 2. Cut pumpkin, scrape out the seeds and rinse thoroughly.**
- 3. Bring pumpkin seeds to a boil in salted water.**
- 4. Reduce heat and simmer pumpkin seeds for 10 minutes.**
- 5. Coat the bottom of baking sheet with olive oil.**
- 6. Bake the seeds in a 400° F oven until browned (approximately 10-20 minutes).**

# Vegetable of the Month:

## Squash Family

### Acorn Squash-Mashed

Serving Size: 1/2 cup

Calories: 42 kcal

Total Protein: 0.82 g

Total Fat: 0.1 g

Total CHO: 10.77 g

Fiber: 3.2 g

Sugars: --- g

Ca+: 32 mg

Fe+: 0.69 mg

Na+: 4 mg

K+: 322 mg

Vitamin A: 1,001 IU

Vitamin C: 8 mg

### Pumpkin Seeds

Serving Size: 1/4 cup

Calories: 309 kcal

Total Protein: 16.36 g

Total Fat: 25.46 g

Total CHO: 10.99 g

Fiber: 5.5 g

Sugars: 1.82 g

Ca+: 0 mg

Fe+: 4.91 mg

Na+: 0 mg

K+: --- mg

Vitamin A: 182 IU

Vitamin C: 0 mg