

did you know?

- Butternut squash seeds can be eaten as a nutritious snack food, just like pumpkin seeds.
- Butternut squash is interchangeable with the pumpkin in Australia, causing them to call it the butternut pumpkin.
- This vegetable is often used as one of the first foods for babies, since it is tolerated by children because of the taste.
- Consuming a cup of butternut squash provides your daily requirement of vitamin A, which is important for eye health.



JOKE

What is a zucchini's favorite game?

Squash!



ROASTED BUTTERNUT SQUASH

INGREDIENTS:

- ONE BUTTERNUT SQUASH - PEELED, SEEDED, AND CUT INTO 1-INCH CUBES
- 2 TBSP OLIVE OIL
- 2 CLOVES GARLIC
- SALT AND PEPPER TO TASTE

DIRECTIONS:

Preheat oven to 400 degrees
Toss butternut squash with olive oil and garlic.
Season with salt and pepper.
Spread on a baking sheet and roast until squash is tender and lightly browned, 25 to 30 minutes.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups