

BUTTERNUT

What do you know about this tasty winter squash?

Nutrient Content:

A single cup of cubed and baked butternut squash has 457% of your daily value (DV) for vitamin A, 52% DV vitamin C, and 17% DV potassium. It's also a good source of folate, manganese, magnesium, niacin, thiamin, vitamin B6, and vitamin E.

All these nutrients are great for your health. According to the National Library of Medicine, "Vitamin A helps form and maintain healthy skin, teeth, skeletal and soft tissue, [and] mucus membranes [... it also] produces the pigments in the retina of the eye." The vitamin C in butternut squash has health-boosting properties too. It's key to tissue growth and repair, wound healing, and immune support. Vitamin C is also an antioxidant, fighting free radical damage and promoting good health.

Cooking with Butternut Squash:

Butternut squash is a tasty type of winter squash. It's got a thick outer skin with hard orange flesh surrounding an inner pocket of seeds.

To cook butternut squash, you usually peel off the skin and scoop out the seeds, dicing the remaining flesh for sautéing, roasting, mashing, or pureeing into soup. You can also roast the squash whole, then scoop everything out of the skin, discarding the seedy center. Butternut squash seeds can be toasted and eaten, just like pumpkin seeds.

