



all about Squash

Tasty seasonal fruits worth trying



Let's Get Cooking!

Squash come in many varieties from summer squash—zucchini and yellow squash to their winter cousins—butternut, acorn and spaghetti squash. It is hard not to enjoy this dense, hearty vitamin-rich food!



Asado Chicken + Sautéed Lemon Zucchini

Total time: 45 min | Servings: 3-4

Ingredients

- 3 lbs Chicken breast
- 2 to 3 medium-sized zucchini, diced
- 8 Garlic Cloves, minced
- 2 tsp Oregano
- 1 tbs Paprika
- 2 tsp Cumin Powder
- ¼ cup (60ml) chicken stock
- ¼ cup (60ml) lemon juice, more for serving
- ½ tsp Onion Powder and chili flakes
- ¼ cup (60ml) Olive Oil
- Salt, black pepper

Combine all seasonings, oil, chicken stock and lemon juice into a bowl. Taste and adjust salt and lemon before adding chicken. Cover & marinate chicken for 30 min in refrigerator, remove from marinade, reserve for later. In a medium skillet, cook chicken on both sides, 15 minutes. Remove chicken from the skillet, add zucchini, season with salt, pepper, and chili flakes (if using) and cook for 2-3 minutes. Add leftover marinade and cook for 3-4 minutes, stirring from time to time. Plate the chicken and zucchini together, enjoy!



Butternut Squash Quinoa Casserole

Total time: 45 min | Servings: 8

Ingredients

- 2 tbs olive oil
- 6 cups cubed butternut squash
- 1 cup quinoa
- 2 cups corn
- 1 (15 oz.) can black beans, drained and rinsed
- 1 tbs ground cumin
- 1 lime
- 1 tomato (chopped)
- 1 avocado (diced)
- 2 cups cheddar cheese
- Salsa or hot sauce to serve
- Salt, black pepper

Preheat oven to 400°F. Roast butternut squash for 15 minutes in oven, or 10-12 minutes on stovetop at medium-high heat. Meanwhile, cook quinoa according to package instructions. In a large casserole dish, add the cooked squash, quinoa, corn and black beans. Sprinkle in cumin, lime juice, salt and pepper and mix. Add tomato and top with cheese. Bake for 10-15 minutes or until cheese is melted. Top with avocado and serve!

For more recipes, visit onieproject.org

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How to Prepare



1. Place black-eyed peas in a bowl. Cover with cold water by 4 inches and soak overnight in the refrigerator.
2. Drain and place in a medium saucepan. Add broth or water and bring to a boil. Reduce heat, partially cover, and simmer for 30–40 minutes until beans are tender.
3. Drain and add soups, salads, dips, or salsas!

Simple Swaps

Substitute squash into your favorite recipes!

Try Squash Burrito Bowls with butternut squash as the bowl.	Tortilla Shells	Black-eyed peas
Enjoy delicious Summer Squash Soup with yellow squash, potatoes and other veggies.	Any meat	Yellow Squash
Try Broccoli Cheddar Spaghetti Squash the next time you have a taste for broccoli cheddar rice.	White rice	Spaghetti Squash



How to Store

Pantry

Winter squash—apart from spaghetti squash, which must be kept in the refrigerator—can be stored in any cool, dark cabinet space before using for 6 months. Punctured or badly bruised squash must be placed in the refrigerator.

Refrigerator

Zucchini and summer (yellow) squash can be placed in a loose plastic bag, unwashed in the refrigerator for 1 week. All cooked squash varieties should be stored in the refrigerator in closed, airtight containers.

Freezer

Butternut squash can be frozen—raw or cooked. Summer squash and zucchini should be washed, cut and blanched before freezing in a resealable plastic bag. These can be kept for 3-4 months in the freezer.