

FRUIT/VEGETABLE OF THE MONTH!

OCTOBER'S FEATURED FRUIT IS ACORN SQUASH

ACORN SQUASH FACTS:

The acorn squash is an edible gourd with a fleshy, hard skin that grows on a vine. It is a fruit that is treated as a culinary vegetable.

It has an acorn-like shape with ridged skin that can vary in color from dark green to white. The most commonly grown varieties are dark green and often have a patch of bright orange toward the top.

Acorn squash has sweet, yellow-orange flesh that has a slightly nutty flavor.

Due to its nutritional profile, acorn squash provides some impressive health benefits

HEALTH BENEFITS OF EATING ACORN SQUASH:

- Boosts immune system and decreases inflammation
- Can lower the risk of heart disease and stroke
- Helps decrease risk for certain cancers
- Good source of vitamin A, vitamin C, and folate
- Reduces symptoms and improves the quality of life in men with enlarged prostate
- Can protect the skin from sun damage and related cancers

Ways to Enjoy Acorn Squash:

- Toss baked cubes into salads
- Pureed for baking pies, bread, and muffins and for making soup
- Stuffed with rice, meat, or vegetable mixtures
- Mashed
- In smoothies
- Seeds can be toasted



RECIPE: HERB-ROASTED PARMESAN ACORN SQUASH

Prep: 10 mins | Cook: 25 mins
Yield: 4 Servings

Ingredient

- 1 large acorn squash (or 2 small)
- 1/2 cup shredded parmesan cheese + more for garnishing
- 2 to 3 tablespoon fresh herbs or 1 teaspoon dried *thyme, sage, rosemary, or oregano*
- 1 tablespoon butter, melted
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt + more to taste
- 1/8 teaspoon black pepper

Directions

1. Preheat oven to 400°F.
2. Cut acorn squash in half and scoop out the seeds. Then slice each half into 1/2-inch thick slices.
3. In a large bowl, combine all of the ingredients and toss to combine.
4. Transfer to a large sheet pan. Using your hands, gently press parmesan cheese onto the squash for maximum coverage.
5. Bake in the oven for 25 minutes or until squash is cooked through and parmesan cheese is crispy and slightly browned.
6. Garnish with additional parmesan cheese and herbs, if desired.

Thresholds Health Literacy Center



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