

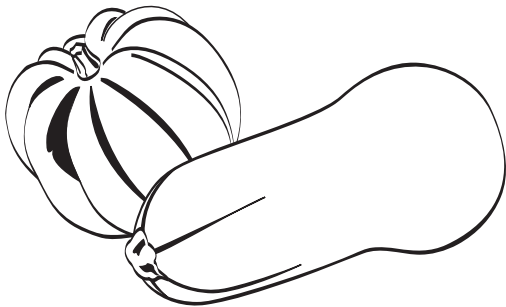


Wonderful Winter Squash

Servings: 6

- 1 winter squash
(butternut or acorn about 2 pounds)
- 2 teaspoons soy sauce
- 1 tablespoon maple syrup or honey

1. Wash hands and surfaces.
2. Peel squash, cut in half and remove seeds. Cut into 1-inch cubes.
3. Place squash in large pot with $\frac{1}{2}$ cup water. Add soy sauce and syrup/honey. Cover and simmer over medium heat until squash is tender, about 15 to 30 minutes.
4. Refrigerate leftovers immediately.



Nutrition Facts

6 servings per container

Serving size (157g)

Amount per serving

Calories **60**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 2g Added Sugars **4%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 46mg **4%**

Iron 1mg **6%**

Potassium 545mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Babies under 1 year should not be given honey.
- Kids don't always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them.
- They learn from watching you — eat fruits and veggies and your kids will, too.

Source: MSU Extension Project Fresh

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance