



Wonderful Winter Squash

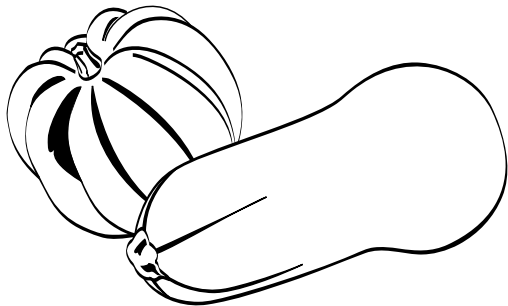
Servings: 4

Ingredients:

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

Directions:

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.



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Nutrition Facts

Amount Per Serving

Calories 60

Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 1g

Vitamin A 8%

Vitamin C 20%

Calcium 4%

Iron 4%

Tips:

- Use fresh, local veggies. Go online to find a farmers market at:
agebb.missouri.edu/fmktDir/index.htm
or other Missouri local foods at:
foodcircles.missouri.edu/sources.htm
- ☺ 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 food stamp office or go online to dss.mo.gov/fsd/fstamp/