

Illinois Extension



Roasted Delicata Squash

(serves 2)

Try an autumn-inspired meal by roasting delicata squash with other fall crops, like cauliflower or brussel sprouts. Add a protein of your choice and drizzle with honey-mustard sauce.



Ingredients

1 small to medium delicata squash
1/2 Tbsp oil
1/8 tsp salt
1/8 tsp ground black pepper

Directions

1. Preheat oven to 400°F.
2. Line a baking sheet with foil or parchment paper.
3. Wash hands with soap and water.
4. Wash squash under cool water. Cut squash in half lengthwise and cut off ends. Scoop out seeds and discard. Cut into ½-inch thick slices.
5. Add sliced squash to a medium bowl with remaining ingredients. Stir to coat. Spread in a single layer on baking sheet and bake 20 minutes or until tender.
6. For any leftovers, cover and refrigerate within 2 hours of making. Store leftovers in the refrigerator for up to 4 days.

Recipe by Caitlin Mellendorf, from Get Fresh (program with community supported agriculture (CSA)), University of Illinois Extension, 2019

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Apple-Stuffed Acorn Squash

(serves 4)

Pair this stuffed squash with rotisserie chicken and asparagus for a filling meal.



Ingredients

1 acorn squash
2 cups chopped apples
3 Tbsp margarine, melted
1/4 cup maple syrup
1 tsp cinnamon

Directions

1. Preheat oven to 400°F.
2. Wash hands with soap and water.
3. Wash squash and apples under cool, running water.
4. With a large chef's knife, split acorn squash in half from top to bottom. Spoon out seeds and discard (or save for roasting and eating.)
5. Place squash face down on a baking dish filled with a quarter inch of water to prevent squash from sticking and burning. Place in preheated oven for 25 minutes.
6. In a medium bowl, mix apples, melted margarine, syrup and cinnamon together. Spoon mixture evenly into two squash halves.
7. Bake apple-stuffed side up for an additional 35 minutes or until squash and apples are tender with a fork.
8. Cover and refrigerate leftovers within 2 hours. Eat within 4 days.

Nutrition Facts per serving: 210 calories, 9g fat, 120mg sodium, 34g carbohydrate, 3g fiber, 1g protein

Recipe by Jenna Smith

Roasted Butternut Squash with Cherries

(serves 4)

Try this recipe as vegetarian bowl filled with squash, wild rice or quinoa, and chickpeas or tofu. Drizzle with sage butter.



Ingredients

1 small to medium butternut squash
1/2 cup chopped dried cherries or cranberries
3 Tbsp honey
1 tsp ground ginger
1/2 tsp chili powder

Directions

9. Preheat oven to 375°F.
10. Line a baking sheet with foil or parchment paper.
11. Wash hands with soap and water.
12. Wash squash under cool water. Cut off top and bottom ends. Peel with a vegetable peeler.
13. Cut squash in half lengthwise. Scoop out seeds and discard. Cut into 3/4- to 1-inch cubes.
14. In a medium bowl, add cubed squash, dried cherries, honey, ginger, and chili powder. Stir to combine.
15. Spread mixture in a single layer and bake for 30-40 minutes or until squash is tender.
16. Top with *fresh sage leaves* for garnish, if desired.
17. Cover and refrigerate leftovers within 2 hours. Eat within 4 days.

Nutrition Facts per serving: 104 calories, 1g fat, 9mg sodium, 27g carbohydrate, 4g fiber, 2g protein

Recipe from Cultivating Your Own Blue Zone, lesson by University of Illinois Extension, Nutrition & Wellness team, 2022

Mashed Acorn “Potato” Squash

(serves 2)

While not the exact same texture and flavor as classic mashed potatoes, give this side dish for something different.

Ingredients

1 small acorn squash (white variety) (Tip 1)
1 Tbsp butter
salt
ground black pepper
dried parsley



Directions

1. Wash hands with soap and water.
2. Wash squash under cool water. Cut squash in half. Scoop out seeds.
3. Bake or microwave according to directions below.

Bake: Preheat oven to 400°F. Line a baking sheet with foil or parchment paper. Place squash halves cut-side down. Bake for 20-30 minutes or until tender.

Microwave: To a microwave-safe dish, add squash halves cut-side down. Pour in 1/4 cup of water and cover with lid. Microwave on high for 5 minutes or until tender.

4. Carefully scoop out cooked squash into a bowl. Mash with a fork or potato masher. Top with butter and sprinkle with *salt*, *ground black pepper*, and *dried parsley*. Serve hot.
5. Cover and refrigerate leftovers for up to 4 days.

Tip 1: This recipe was tested with a very small squash. If using larger squash, longer cooking times and additional ingredients (butter, salt, etc.) may be needed.

Recipe by Caitlin Mellendorf, from Get Fresh (program with community supported agriculture (CSA)), University of Illinois Extension, 2019

Spaghetti Squash with Meatballs

(serves 6)

Enjoy with a salad or other vegetable and your favorite garlic bread.



Ingredients

Squash

1 spaghetti squash
1/4 cup water

Meatballs

1/3 cup bulgur
1/2 cup boiling water
1 pound lean ground beef
1 egg
2 cloves garlic, minced
1 Tbsp dried Italian seasoning

Sauce

2 (14.5 oz.) cans no-salt added crushed tomatoes, undrained
1 (6 oz.) can tomato paste
1 clove garlic, minced
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon crushed red pepper
1/4-1/2 cup water

Directions

1. Wash hands with soap and water.
2. Cook squash. Wash spaghetti squash under cool water. Cut squash in half lengthwise. Scoop out seeds. Microwave or pressure cook according to directions below.

Microwave: Place squash halves cut-side down in microwave-safe dish. Add 1/4 cup water. Microwave, covered, on High for 12-15 minutes. Allow to cool slightly and scrape out flesh with a fork.

Electric Pressure Cook: Set up electric pressure cooker according to manufacturer directions. Add wire insert and 1 cup of water to pressure cooker liner. Add squash, angling as needed to fit. Add lid and set to "sealing." Pressure cook for 7 minutes (longer for larger squash). Let "natural release" for 10 minutes or longer. Release remaining pressure and remove lid. Carefully remove squash to plate and allow to cool slightly. Scrape out flesh with a fork.

3. **Prepare meatballs.** Place bulgur in large bowl; pour boiling water over bulgur and let stand 10 minutes or until water is absorbed. Stir in beef, egg, garlic and Italian seasoning to combine. Shape into 1-inch balls.
4. **Cook sauce.** In a medium saucepan, combine tomatoes, tomato paste, garlic, red pepper, oregano and basil over medium high heat until boiling. Reduce heat to low; add meatballs and cook, covered, about 20-25 minutes or until internal temperature reaches 160°F. Add in water as needed if sauce becomes too thick.
5. Serve meatballs and sauce over squash.
6. Cover and refrigerate leftovers within 2 hours. Eat within 4 days.

Nutrition Facts per serving: 300 calories, 7g fat, 240mg sodium, 37g carbohydrate, 10g fiber, 22g protein

Recipe adapted from Jenna Smith, University of Illinois Extension

Butternut Squash-Carrot Soup

(serves 4)

Plan a meal with this soup and a sandwich to get a variety of different food groups.

Ingredients

1 Tbsp butter
3 cups peeled and diced butternut squash (about 1 small squash)
2 cups diced carrots (about 4 medium carrots)
1 medium onion, diced
3 1/2 cups fat-free reduced-sodium chicken or vegetable broth
1/4 tsp ground pepper
1/4 tsp ground nutmeg
1/4 cup half-and-half or low-fat milk



Directions

1. Wash hands with soap and water.
2. Wash vegetables and prepare as described in ingredient list.
3. In a large saucepan over medium-low heat, melt butter and add squash, carrots, and onion. Cook, stirring occasionally, about 10 minutes.
4. Add broth and bring to a boil. Reduce heat, cover, and simmer 25 to 35 minutes or until vegetables are very tender. Cool slightly.
5. In batches, add squash mixture in a food processor or blender. Cover and blend until smooth.
6. Return all of squash mixture back to saucepan. Add pepper, nutmeg, and half-and-half.
7. Heat through, stirring frequently. (Soup may begin to steam, but do not boil or half-and-half may curdle.) Garnish with *pumpkin seeds*, if desired.
8. Cover and refrigerate leftovers within 2 hours. Eat within 4 days or freeze for longer storage.

Nutrition Facts per serving: 140 calories, 4g fat (3g saturated fat), 560mg sodium, 227g carbohydrate, 4g fiber, 5g protein

Recipe by Caitlin Mellendorf, University of Illinois Extension, 2016

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Squash, Apple, and Cranberry Casserole

(serves 6)

Squash and apple pair nicely with pork. Try a meal of the casserole with pork loin, green beans, and a whole-grain roll.



Ingredients

3 cup cubed winter squash (such as butternut or acorn)
2 cup cubed apples (Tip 1)
1/2 teaspoon nutmeg
1 teaspoon cinnamon
1 tablespoon brown sugar
1/4 cup dried cranberries

Directions

1. Preheat oven to 350°F.
2. Wash hands with soap and water.
3. Gently rub produce under cool running water.
4. Combine cubed squash and apples in an 8x8 inch pan. Sprinkle nutmeg, cinnamon and brown sugar over squash and apple mixture. Top mixture with dried cranberries.
5. Cover pan with aluminum foil and bake for 45-60 minutes, or until squash and apples are tender.
6. Cover and refrigerate leftovers within 2 hours. Eat within 4 days or freeze for longer storage.

Tip 1: Granny Smith, McIntosh, Jonagold, or Braeburn are examples of baking apples

Nutrition Facts per serving: 80 calories, 0g fat, 0mg sodium, 19g carbohydrate, 3g fiber, 1g protein

Recipe by Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension. Modified from "Squash Apple Casserole" found at usda.gov/whatscooking.

Spaghetti Squash Alfredo

(serves 4)

Cheese and milk add protein to this dish. Pair with your favorite vegetables for a vegetarian meal.



Ingredients

1 medium spaghetti squash
1 Tbsp trans-fat free margarine
2 cloves garlic, minced
2 Tbsp all-purpose flour
1 cup fat-free milk
1 Tbsp low-fat cream cheese
2/3 cup Parmesan cheese
1/8 tsp salt
1/8 tsp ground black pepper
Crushed red pepper flakes, to taste

Directions

1. Wash hands with soap and water.
2. Wash squash under cool, running water. Cut squash in half lengthwise; scoop out seeds.
3. Place cut-side down in microwave-safe dish; add 1/4 cup water. Microwave, covered, on High for 12-15 minutes. Allow to cool slightly and scrape out flesh with a fork onto a large bowl; set aside.
4. In a large saucepan, melt margarine and sauté garlic for 1 to 2 minutes. Stir in flour and gradually whisk in milk, whisking constantly until lumps are gone.
5. Once heated through, add cream cheese and stir until smooth. Add Parmesan cheese, salt, ground black pepper and red pepper flakes, if using, and stir until cheese is melted.
6. Toss cooked spaghetti squash with alfredo sauce and garnish with *fresh parsley or chives*, if desired.

Nutrition Facts per serving: 180 calories, 9g fat, 460mg sodium, 18g carbohydrate, 2g fiber, 10g protein

Recipe by Jenna Smith, University of Illinois Extension, 2014