



The Geneva School

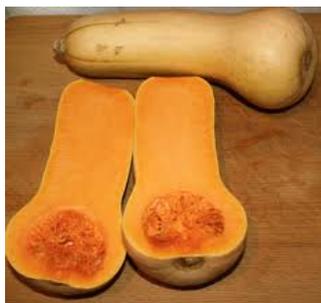
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October 12, 2012

BUTTERNUT SQUASH

Today students in grades 1-6 had a chance to taste butternut squash prepared in muffins, soup, and roasted.



A member of the pumpkin family, this winter squash is low in calories, high in dietary fiber, and loaded with Vitamin A, which is essential for healthy eyes and protects against lung and oral

cavity cancers. It is also rich in anti-oxidants, vitamin Bs, and minerals like iron, zinc, calcium, and potassium.

Roasted Butternut Squash with Maple Syrup

1 butternut squash (2-3 pounds)
 2 Tbsp. olive oil
 1/4 cup maple syrup
 1 tsp. each of cinnamon, nutmeg, allspice, and thyme

- Chop both ends of butternut squash, then peel skin of squash with a vegetable peeler
- Cut peeled squash in half length-wise and scoop out the seeds with a spoon
- Dice squash into 1/2" cubes
- Place cubed squash in a baking dish and toss with the olive oil, maple syrup, and spices.
- Bake uncovered at 400 degrees for 30-35 min., stirring after 20 min.

Serves 8

Forshey Family Butternut Squash Muffins

1 cup **pureed acorn or butternut squash
 2 eggs, slightly beaten
 1/2 cup water
 1/4 cup veg oil
 1 cup white flour
 1 cup wheat flour
 1/4 teaspoon salt
 1/3 cups sugar
 1 teaspoon baking soda
 1/4 teaspoon baking powder
 1 teaspoon cinnamon
 1/2 teaspoon nutmeg
 1/2 teaspoon ginger
 1/4 teaspoon ground cloves

- Blend squash, eggs, water, and oil in large bowl
- Sift together remaining ingredients and add to squash mixture
- Fill greased muffin tins about 3/4 full
- Bake at 350 degrees about 30 minutes or until set when touched

Makes 12 (or 24 mini) muffins

**To Puree Squash:

Cut the squash in half, scrape out seeds and put it flesh side down in about an inch of water in a flat baking dish. Bake at 350 degrees until tender (about 30 min., depending on the size). Scrape out the flesh into a blender and add in the remaining cooking water. You have to add this water because baked squash is a little drier than pumpkin. You want a nice "milkshake consistency" - not too dry.

SEE OTHER SIDE FOR SOUP RECIPE

Tasty Friday is funded by a grant from the Winter Park Health Foundation. Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.



Mrs. Jones' Butternut Squash Soup

1 butternut squash
2 Tbsp. butter
1 leek, chopped
1 clove garlic, chopped
2 quarts chicken broth
3 potatoes, peeled and diced
3 tsp. salt
1 cup sour cream

- To soften squash, cut butternut squash in half lengthwise and scoop out the seeds; place cut side down on oiled baking sheet and bake at 400 degrees for 30-40 min. Cool.
- While squash is roasting, in a large pot melt 2 Tbsp. butter. Add diced leeks and stir for 5 min.; add garlic and stir for additional 2 minutes.
- Add chicken stock to pot and diced potatoes. With a large spoon, scoop softened squash out of the skin and add to the cooking pot. Bring to a boil, then reduce to medium heat and cook until potatoes and squash are mushy (about 30 min.). Add 3 tsp. salt. COOL soup.
- Puree soup with an immersion blender OR using a ladle, scoop soup into a blender 2 scoops at a time. Blend and transfer to a serving pot and rewarm before serving.
- Add sour cream before serving: 1 cup to the pot of soup, or 1 Tbsp. to each bowl.

Serves 6-8