

Acorn Squash



Storage

Store uncut and unwashed in a dark, well-ventilated, cool place. Will keep for several weeks.

Preparation

Cut in half and remove stem, then remove seeds, pulp, and stringy portion. Cut into small pieces and peel. You can steam, boil, or roast acorn squash. It also makes a good addition to many soups and stews.

Nutrition

Acorn squash is nutrient dense and improves the immune system, bone strength vision and skin health, blood pressure, and helps with digestion and diabetes. Because of its high levels of antioxidants, acorn squash also reduces the risk of cancer.

