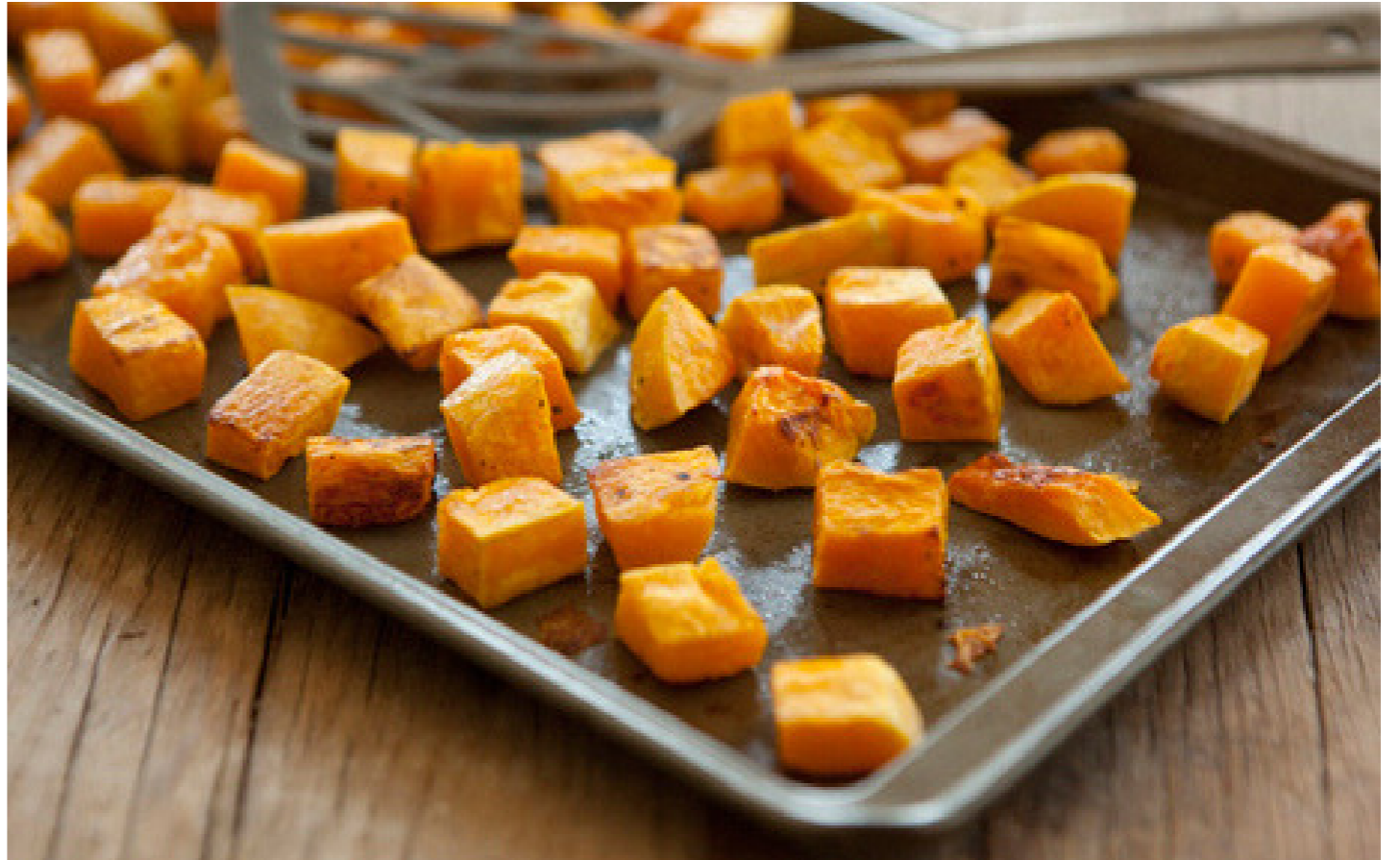


# Butternut Squash



## 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 butternut squash. It also makes a good addition to many soups and stews.

## Nutrition

Butternut squash nutrient rich and improves skin and hair health, boost the immune system, lowers blood pressure, and reduces the risk of cancer. It can also help prevent asthma attacks and help manage diabetes.