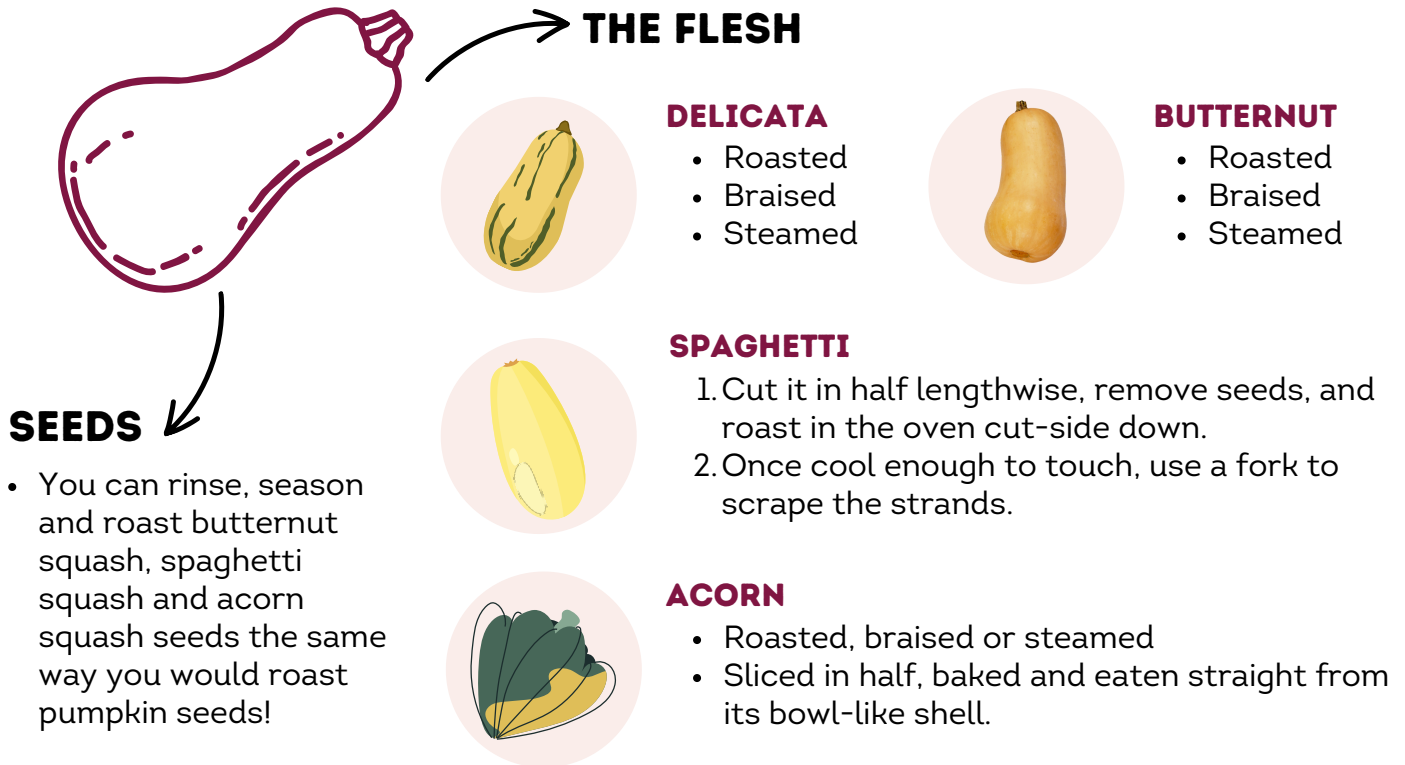


# WINTER SQUASH

## WHAT PARTS CAN I EAT AND HOW?



**TIP:** Choose firm squash with no visible blemishes or soft spots. A ripe squash will have a tan, dry stem and matte exterior.

### WHEN IS IT IN SEASON?



Squash season in Quebec lasts from the end of **August** until the end of **April**!

### STORAGE



Store winter squash in a dry, cool spot (but not the refrigerator) and use within 1-3 months. You can keep cooked squash in the fridge for 5-7 days.

# BUTTERNUT SQUASH & APPLE SOUP

**SERVES 8**

## INGREDIENTS:

- 1 butternut squash, peeled and chopped
- 1 onion, chopped
- 2 celery, chopped
- 2 carrots, chopped
- 1 green apple, peeled, cored, and chopped
- 3 cups of broth (chicken or vegetable)
- 1 cup of water
- 1/2 tsp of cinnamon
- 1/2 tsp of nutmeg
- 1/2 tsp of cayenne
- Salt and pepper, to taste

## INSTRUCTIONS:

1. Turn the stove on medium-high heat.
2. In a large pot, sauté the onions, carrots, and celery. Lower the heat if the vegetables begin to brown.
3. Add squash, apple, broth, and water. Bring mixture to a boil.
4. Add seasonings: cinnamon, nutmeg, cayenne, and salt.
5. Cover and leave to simmer for 30 minutes or until squash and carrots have softened.
6. In a blender, purée the soup.

# COCONUT CURRIED SPAGHETTI SQUASH

**4 SERVINGS**

## INGREDIENTS:

- 1 medium spaghetti squash
- 1 red bell pepper, diced
- 1 medium yellow onion, diced
- 3-4 cups spinach
- 1 (14oz) can coconut milk
- 2 cups water or vegetable broth
- 2 garlic cloves, minced
- 1 teaspoon sesame oil
- 3 tablespoons curry powder
- 1 teaspoon ground coriander
- 1/2 teaspoon ginger
- 1/8 teaspoon ground cloves
- Salt and pepper to taste
- 2 tablespoons oil
- Cilantro, green onions and lime to garnish

## INSTRUCTIONS:

1. Preheat oven to 425 degrees.
2. Cut your spaghetti squash in half, lengthwise, removed seeds and place open side down and bake for 20-25 minutes or until spaghetti squash gives a bit when you poke it.
3. Add oil and garlic to a saucepan on medium heat. Add onion and bell pepper and cook for 5 minutes until the veggies become slightly soft. Add coconut milk, water, spinach, sesame oil, and spices. Mix to incorporate. Cover and let cook for around 5 minutes
4. Use a fork to remove all the threads from the cooked squash. Place threads in a large bowl, pour your coconut curry soup over the "noodles" then squeeze some lime juice on top and garnish cilantro and green onions.