

## Subject: February Newsletter – Butternut Squash

Hello and thank you for participating in the Griffin Hospital Produce Prescription Program!

Each month, we will send you a newsletter with a seasonal produce item that should be affordable, and you can often find locally grown at your local grocery store. Hope you enjoy some affordable, healthy and easy recipes featuring this month's produce highlight.

In February (and year-round), you can find butternut squash in the grocery store. Butternut squash is a good source of vitamin A which is an anti-oxidant that is good for your overall health and your eyes! You can buy them in bulk when they are on sale and they will last a long time in a cool dark cabinet at room temperature.

How to prepare butternut squash:

- Peel, cut into cubes and roast toasted lightly in vegetable oil at 400 degrees
- Cut in half, remove the seeds and pulp and roast at 400 degrees flesh side down until fork tender
- Peeled, cubed and boiled/steamed

Check out these recipe links that highlight butternut squash:

<https://snapedny.org/recipes/butternut-squash-with-black-beans/>

<https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/holiday-roasted-butternut-squash>

<https://masnaped.org/recipes/butternut-squash-soup/>

Don't forget that if you don't like what you see here, Diabetes.Org has this searchable recipe filter that lets you search recipes by a variety of features. You can search for recipes by cuisine/regional preference:

<https://www.diabetesfoodhub.org/all-recipes.html>

As always, if you have any questions or need support, please reach out to our team!