

Fresh Facts:

Butternut Squash

HEALTHY INSIGHTS

Chef Ben's cooking tip:

Butternut squash doesn't need much help to be delicious - try it simply roasted with salt, pepper, herbs and olive oil. The hardest part of preparing it is cutting it in half!

- Butternut squash is low in calories but high in many nutrients, including vitamin A, vitamin C, magnesium, and potassium.
- High in fiber and water, squash helps you feel full and satisfied without added fat or simple carbohydrates.
- The antioxidant content of butternut squash makes it effective at boosting immunity and preventing chronic disease.

FRESH TRIVIA

Squash is among the oldest known crops, dating back 10,000 years to Mexico and Central America. The name squash comes from the Native American word askutasquash, which means uncooked or eaten raw.



SPICE
— FIELD KITCHEN —