Make the Switch to Squash

Squash has many health benefits.

Squash is a rich source of vitamins A and E, fat-soluble vitamins that support eye health, immune function and cellular communication. Squash also contains potassium, which helps to regulate blood pressure and restore electrolyte balance after a workout. Due to its high fiber content, squash can help you feel fuller longer and help to cleanse the body.

Next time you’re considering a side, pass on the potato, which may spike blood sugar levels in the body, and choose squash instead. Better yet, think produce first and make squash the main dish. You can find many affordable varieties to suit your tastes.

1. Parmesan Herb Roasted Delicata Squash (serves 4)

   **Ingredients**
   - 1 delicata squash
   - 1/4 tsp black pepper
   - 3 tsp olive oil
   - 1 tbsp Italian seasoning
   - 1/2 tsp salt
   - 1/4 cup grated Parmesan cheese

   **Method of Preparation**
   1. Preheat oven to 350 degrees.
   2. Cut squash in half lengthwise, then crosswise, scoop the seeds, and insides. Discard.
   3. Cut squash into 1/2 inch slices.
   4. Combine olive oil, Italian seasoning, salt and pepper together in a bowl.
   5. Brush mixture over both sides of the squash.
   6. Roast squash in preheated oven.

2. Kale Quinoa Stuffed Delicata Squash (serves 4)

   **Ingredients**
   - 2 delicata squash
   - 2 cloves garlic
   - 1/2 cup quinoa
   - salt
   - 1 bunch kale
   - pepper
   - 5 oz mushrooms
   - 2 tbsp tahini
   - 1 small onion
   - 2 tbsp olive oil

   **Method of Preparation**
   1. Preheat oven to 425F.
   2. Wash, dry, cut lengthwise in half and de-seed squash.
   3. Cover squash in olive oil and season with salt and pepper.
   4. Place squash halves cut side up on baking dish and roast for 30–35 minutes.
   5. While roasting the squash, cook quinoa per box instructions.
   6. Chop the onion and crush the garlic.
   7. Wash, de-stalk and chop kale and wash and chop mushrooms.
   8. Heat a little olive oil in a pan over medium heat. Once hot, fry onion and garlic until translucent. Add kale and mushrooms and fry until tender. 9. Once quinoa is cooked, add to kale and season with salt and pepper.
   10. Once squash is roasted, remove from oven and fill with kale quinoa stuffing.
   11. In a small bowl, mix together tahini and olive oil and pour over squash halves.