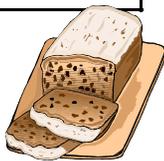


## *Pumpkin or Squash Bread*

- 1/2 cup sugar
- 1/2 cup oil
- 3/4 cup pumpkin or squash puree
- 2 eggs
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon



1. Preheat oven to 350 degrees.
2. In a large bowl, beat together the sugar, oil, pumpkin or squash and eggs.
3. In a medium bowl, stir together the flour, baking powder, baking soda and cinnamon. Fold this into the pumpkin mixture just enough to moisten the dry ingredients.
4. Pour the batter into a greased 9 x 5 inch loaf pan.
5. Bake for 1 hour at 350 degrees or until a toothpick inserted in the center comes out clean.



**ENERGIZE YOUR LIFE**  
**EAT HEALTHY BE ACTIVE**

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

Senior FMNP: 1-800-422-3263

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9-2004

*Fresh-from-the-Farm:*

## **Winter Squash & Pumpkins**

*Acorn, Buttercup, Butternut, Delicata, Hubbard, Spaghetti*



**Washington WIC & Senior Farmers Market Nutrition Program**

*Making it easier to add fresh fruits and vegetables to your diet, and support local farmers, too!*

## Selection & Preparation

- ◆ Choose firm, well-shaped squash that are heavy for their size and have a hard, tough skin.
- ◆ Avoid squash that have sunken or moldy spots.
- ◆ Store in a cool dry place.
- ◆ Winter squash will keep for several months if stored correctly.
- ◆ To bake, wash and cut in half or quarters depending on the size. Scoop out seeds with a spoon. Place cut side down on a shallow baking pan and bake at 375 degrees for about 40 - 50 minutes.
- ◆ To boil or steam, wash and cut into smaller pieces. Peel and remove seeds. Boil or steam in a small amount of water for about 25 - 35 minutes or until tender.



## Nutrition Facts

Serving Size: 1/2 cup cooked squash

Amount Per Serving

**Calories 40**

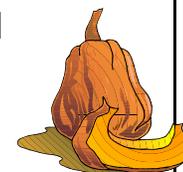
	% Daily Value
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 2g	
<b>Protein 1g</b>	
Vitamin A	<b>70%</b>
Vitamin C	<b>15%</b>
Calcium	<b>2%</b>
Iron	<b>2%</b>
Folate 29mcg	<b>7%</b>
Potassium 448mg	
Magnesium 8mg	

## Key Nutrients

- ❖ **Vitamin A** - for healthy skin, good vision and resistance to infection.
- ❖ **Fiber** - to help keep you regular, control blood sugar and it may lower blood cholesterol.
- ❖ **Vitamin C** - for healthy gums, skin and blood.
- ❖ **Potassium** - to maintain normal blood pressure.

## Stuffed Squash

- 1/2 cup chopped onion
- 1 clove garlic, crushed
- 1/2 teaspoon sage
- 1/2 teaspoon thyme
- 3 Tablespoons oil
- 1/2 cup diced celery
- 1 cup bread crumbs
- 1/2 cup shredded cheese
- 1 medium squash, any type, cut in half and seeds removed.



1. Cook onions, garlic, sage, thyme and celery in oil over low heat until onions are soft.
2. Add bread crumbs. Cook for 5-10 minutes.
3. Remove from heat and add cheese.
4. Put onion mixture into the cleaned out squash. Cover and bake at 350 degrees for 40 - 50 minutes.

