Michigan ranks third in fresh winter squash production in the U.S.

Squashes are one of the oldest cultivated crops in the Western Hemisphere

The amount of beta-carotene in winter squashes varies by the color of the flesh
Winter squash comes in numerous shapes, sizes and flavors. It is considered one of the most popular vegetables harvested in the fall and, properly stored, can last for use throughout the winter. Thanks to its ease for overwinter storage, nutritional value and versatility in the kitchen, winter squash is one of the best vegetables for institutional food purchasing. Whether used in soups, steamed, stuffed, roasted or baked into pies, cookies or muffins, the only limiting factor for using winter squash is one’s imagination.

The Michigan Winter Squash Toolkit provides resources to help make it easier for institutions to find, buy and use this delicious, nutritious and versatile vegetable. Use the Toolkit to learn how to purchase winter squash from distributors or directly from farmers, find recipes that have been tested and perfected by food service staff members, and use the marketing materials to share the results of your efforts with staff members, eaters and communities. Then track your local purchases through the Cultivate Michigan Dashboard as we work towards reaching the 20% by 2020 initiative goal of 20% Michigan foods in all Michigan institutions by 2020.

Quick Tips and Facts about Squash

1. **Fact:** Michigan ranks first nationally in total acres of winter squash production, third in fresh winter squash production, and first for winter squash processing.

2. **Fact:** More than 136 million pounds of squash are produced per year, with a value of $11.7 million.

3. **Fact:** Referred to as a vegetable in cooking, squash are actually fruits of vines of the Cucurbita genus.

4. **Fact:** Squash are one of the oldest cultivated crops in the Western Hemisphere. Seeds found in Mexico have been dated as far back as 10,000 years.

5. **Tip:** Select squash that are heavy for their size with a hard, tough rind and the stem still attached.

6. **Storage Tips:** Winter squash can be stored in a cool, dry place for up to three months. Squash stores best with part of the stem still attached to help retain moisture. Once cut open, store squash wrapped in plastic wrap in the refrigerator for up to four to five days.

7. **Nutrition Tip:** Winter squash is a tasty source of complex carbohydrates, fiber, calcium, potassium, niacin, iron, magnesium, vitamin C and beta-carotene.

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Winter Squash Guide

A variety for every taste and every use!

Available fresh September through November, Michigan-grown winter squash has mild-flavored flesh and a fine texture. The most popular winter squash varieties – recommended for freezing as well as fresh use – include acorn, butternut, Delicata, Hubbard, pumpkin and spaghetti. The table below describes the most popular squash varieties, highlighting the appearance, flavor and key nutrients for each.

<table>
<thead>
<tr>
<th>Variety</th>
<th>Appearance</th>
<th>Flesh</th>
<th>Flavor</th>
<th>Key Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn</td>
<td>Dark green, hard skin</td>
<td>Firm, yellow-orange flesh</td>
<td>Sweet flavor</td>
<td>Good source of potassium, but not as high in vitamin A as other varieties</td>
</tr>
<tr>
<td>Butternut</td>
<td>Beige-tan skin that is not as hard as acorn squash</td>
<td>Orange flesh</td>
<td>Mildly sweet flavor</td>
<td>Excellent source of beta-carotene and vitamin A</td>
</tr>
<tr>
<td>Delicata</td>
<td>Long cylindrical shape; cream color with dark green stripes</td>
<td>A creamy pulp</td>
<td>Very sweet, a bit like sweet potatoes</td>
<td>Contains vitamin A</td>
</tr>
<tr>
<td>Hubbard</td>
<td>Plump in the middle and slightly tapered at the neck. Their bumpy skin varies in color from dark green to light blue to orange</td>
<td>Because of its fine-grained texture, the yellow-orange flesh is often mashed or pureed</td>
<td>Mild flavor</td>
<td>Excellent source of vitamin A and a good source of potassium</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>Orange skin; range from very small to very large</td>
<td>Orange flesh</td>
<td>Sweet mild flavor</td>
<td>Excellent source of beta-carotene and vitamin A</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>Bright yellow skin</td>
<td>Golden yellow flesh with a crisp texture</td>
<td>Mild nut-like flavor</td>
<td>Not as high in vitamin A and beta-carotene as other varieties</td>
</tr>
</tbody>
</table>

*Note: This type does not keep as long as other winter squash


What squash is this? From left to right: Acorn, Sweet Dumpling, Spaghetti, Red Kabocha, Delicata, Kabocha and Butternut.

info@cultivatemichigan.org
On the following pages, you will find item descriptions, pack sizes, seasonal availability and item codes for several varieties of fresh and frozen winter squash. This information is categorized by the size of the supplier/distributor. Contact information is listed for each supplier to help make it easier to find and buy Michigan winter squash when in season.

Product information listed here is provided by each vendor and has not been verified by Cultivate Michigan. Institutional customers are encouraged to verify product information with vendors directly, including seasonal availability for Michigan grown product and processor location for minimally processed products.

**Full Service (Broadline) Distributors**

Several broadline distributors provide Michigan institutions with Michigan-produced winter squash. Listed below are distributor names and contact information and the products offered by each.

**Gordon Food Service**

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [www.gfs.com](http://www.gfs.com) for more details.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Item Code</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn</td>
<td>1/35 pound</td>
<td>198943</td>
<td>Sept.-Nov.</td>
</tr>
<tr>
<td>Butternut</td>
<td>1/35 pound</td>
<td>535117</td>
<td>Sept.-Nov.</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>1/35 pound</td>
<td>118310</td>
<td>Sept.-Nov.</td>
</tr>
</tbody>
</table>

**Sysco (Grand Rapids)**

Be sure to contact your Sysco representative for all Michigan Produce Items (MIPRO). You may also visit [www.syscogr.com](http://www.syscogr.com) for more information.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Item Code</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn</td>
<td>1/35 pound</td>
<td>6725032</td>
<td>Late July</td>
</tr>
<tr>
<td>Acorn</td>
<td>1/6 count</td>
<td>6728392</td>
<td>Late July</td>
</tr>
<tr>
<td>Butternut</td>
<td>1/35 pound</td>
<td>6725093</td>
<td>Late July</td>
</tr>
<tr>
<td>Buttercup</td>
<td>1/35 pound</td>
<td>6725137</td>
<td>Late July</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>1/35 pound</td>
<td>6728374</td>
<td>Late July</td>
</tr>
</tbody>
</table>
Van Eerden Foodservice Company:
Please call 800.833.7374 for pricing/purchasing information or visit www.vaneerden.com for more details.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Item Code</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn</td>
<td>1/40 pound</td>
<td>005805</td>
<td>Aug.</td>
</tr>
<tr>
<td>Buttercup</td>
<td>1/40 pound</td>
<td>005810</td>
<td>Aug.</td>
</tr>
<tr>
<td>Butternut</td>
<td>1/40 pound</td>
<td>005810</td>
<td>Aug.</td>
</tr>
<tr>
<td>Gold Hubbard</td>
<td>1/40 pound</td>
<td>005820</td>
<td>Aug.</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>1/40 pound</td>
<td>005835</td>
<td>Aug.</td>
</tr>
<tr>
<td>Acorn White</td>
<td>1/40 pound</td>
<td>005834</td>
<td>Aug.</td>
</tr>
<tr>
<td>Delicata</td>
<td>1/40 pound</td>
<td>005837</td>
<td>Sept.</td>
</tr>
<tr>
<td>Sweet Dumpling</td>
<td>1-1/9 bushel</td>
<td>005840</td>
<td>Sept.</td>
</tr>
</tbody>
</table>

US Foods
Contact your sales representative or please visit www.usfoods.com for more information and for Michigan squash item codes.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Item Code</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn</td>
<td>1 bushel</td>
<td>6010532</td>
<td>Aug.</td>
</tr>
<tr>
<td>Butternut</td>
<td>1 bushel</td>
<td>9016338</td>
<td>Aug.</td>
</tr>
</tbody>
</table>

What squash is this? From left to right: Acorn, Spaghetti, Butternut, Hubbard, and Golden Nugget.
Winter Squash Guide

Regional and Specialty Distributors
These businesses tend to distribute food regionally and can provide Michigan winter squash to institutions located in their respective area. Contact suppliers directly to find out about their specific delivery area and Michigan product availability.

Allen Market Place (Lansing)
With more than 60 farms and food producers registered, the Exchange offers a full range of food products. Current product inventory can be viewed and orders placed at www.allenmarketplace.localorbit.com. Orders placed by 7 p.m. Monday are fulfilled by Wednesday afternoon the same week. Questions about current product availability or purchasing should be directed to John McCarthy, Exchange Manager, at 517.999.3923 or exchange@allenneighborhoodcenter.org.

Cherry Capital Foods (Statewide)
Cherry Capital Foods distributes only Michigan-made and -produced products within the state of Michigan. Call 231.943.5010 ext. 1 or email sales@cherrycapitalfoods.com (include subject line “Farm to Institution”) for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at www.cherrycapitalfoods.com.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Farm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn</td>
<td>1 bushel</td>
<td>Victory Farms</td>
</tr>
<tr>
<td>Blue Hubbard</td>
<td>1 bushel</td>
<td>Victory Farms</td>
</tr>
<tr>
<td>Buttercup</td>
<td>1 bushel</td>
<td>Victory Farms</td>
</tr>
<tr>
<td>Butternut</td>
<td>1 bushel</td>
<td>Victory Farms</td>
</tr>
<tr>
<td>Carnival</td>
<td>1 bushel</td>
<td>Victory Farms</td>
</tr>
<tr>
<td>Golden Hubbard</td>
<td>1 bushel</td>
<td>Victory Farms</td>
</tr>
<tr>
<td>Kabocha</td>
<td>1 bushel</td>
<td>Victory Farms</td>
</tr>
<tr>
<td>Pie pumpkins</td>
<td>1 bushel</td>
<td>Victory Farms</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>1 bushel</td>
<td>Victory Farms</td>
</tr>
<tr>
<td>Organic Acorn</td>
<td>1 bushel</td>
<td>Stutzman Family Farms</td>
</tr>
<tr>
<td>Organic Blue Hubbard</td>
<td>1 bushel</td>
<td>Stutzman Family Farms</td>
</tr>
<tr>
<td>Organic Butternut</td>
<td>1 bushel</td>
<td>Stutzman Family Farms</td>
</tr>
<tr>
<td>Organic Delicata</td>
<td>1 bushel</td>
<td>Stutzman Family Farms</td>
</tr>
<tr>
<td>Organic Pie Pumpkins</td>
<td>1 bushel</td>
<td>Stutzman Family Farms</td>
</tr>
<tr>
<td>Organic Spaghetti</td>
<td>1 bushel</td>
<td>Stutzman Family Farms</td>
</tr>
</tbody>
</table>

Coastal Produce Distributors
Locally owned and operated, Coastal Produce is located in Detroit. The company delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. When in season, the company purchases all local produce. Please call 877.291.8304 or visit http://coastalproduce.net/ for detailed product and ordering information.
Winter Squash Guide

Harvest Michigan (Oakland County)
Locally owned and operated, Harvest Michigan is located in northern Oakland County. Their business structure allows for participating farmers and food producers to share in the success of Harvest Michigan. Please call 248.475.5805 or email info@harvestmichigan.com for detailed product and ordering information.

Pearson Foods Corporation (Grand Rapids)
Pearson Foods is a processor and distributor that sources, sells and processes Michigan produce. Contact a representative at 616.245.5053 or visit http://pearsonfoods.com for pricing information and more details.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butternut</td>
<td>1 and 1/9 bushel</td>
<td>Sept.-Dec.</td>
</tr>
<tr>
<td>Acorn</td>
<td>35 pound</td>
<td>Sept.-Nov.</td>
</tr>
<tr>
<td>Pumpkins, mini</td>
<td>22 pound</td>
<td>Sept.-Nov.</td>
</tr>
<tr>
<td>Pumpkins, pie</td>
<td>35 pound</td>
<td>Sept.-Nov.</td>
</tr>
</tbody>
</table>

West Michigan FarmLink (Grand Rapids)
West Michigan FarmLink is an online wholesale food hub connecting local area chefs, restaurateurs, institutions and schools with Michigan farmers and producers of good food products servicing the greater Grand Rapids area. This open exchange's product offerings, growers and availability change on a weekly basis, so visit www.wmfarmlink.com or contact Paul Quinn at quinn@wmfarmlink.com for up-to-date product listing and pricing.

Shelton’s Wholesale Farm Co. (West Michigan)
Call 269.684.3230 to speak with Joe Shelton for a current list of available Michigan-grown winter squash varieties upon request.

Tedesco Produce Co. Inc. (Clinton Twp.)
Call 586.405.2080 to speak with Teddy Tedesco for a current list of available Michigan-grown winter squash varieties upon request.
Resources for Farm to Institution Support

Michigan Farm to Institution Network
www.mifarmtoinstitution.org

MSU Center for Regional Food Systems
www.foodsystems.msu.edu/

Ecology Center
www.ecocenter.org/food-systems

Michigan State University Extension
Locate your county MSU Extension office.
www.msue.msu.edu/

Resources for Linking with Local Farmers

Below is a list of statewide and regional resources to help you connect with local Michigan farmers who may be able to supply you directly with winter squash.

Statewide Resources

Local Harvest
Locate farmers markets, family farms, community supported agriculture (CSA) and other sources of sustainably produced food.
www.localharvest.org

Michigan MarketMaker
This interactive mapping system links producers and consumers in Michigan.
mimarketmaker.msu.edu

Michigan Farmers Market Association
Find the locations of farmers markets across the state.
mifma.s434.sureserver.com/find-a-farmers-market

Michigan Food and Farming Systems (MIFFS)
MIFFS connects beginning and historically underserved farmers to resource opportunities.
www.miffs.org

Natural Resources Conservation Service
This site provides a listing of county and state service offices.
http://1.usa.gov/1kMidud
Resources

**Michigan Farm Bureau**
Locate the local Michigan Farm Bureau office in your county.
www.michfb.com/counties

**Michigan Agricultural and Commodity Organizations**
The Michigan Agricultural Commodity directory lists the locations of and contacts for the agricultural commodity organizations in Michigan
http://1.usa.gov/1mSHb5c

**Michigan Organic Food and Farming Alliance (MOFFA)**
Visit this site to download the "Eating Organically Guide."
www.moffa.net

**Certified Naturally Grown**
This site provides a current list of certified small-scale, direct-to-market farmers and beekeepers who use natural growing and harvesting methods in Michigan.
www.naturallygrown.org/farms/list/227/MI

**Regional Michigan Resources**

**Michigan Food Hub Learning and Innovation Network**
Food hubs are centrally located facilities that aggregate, store, process, distribute and/or market locally or regionally produced food.
http://foodsystems.msu.edu/activities/food-hub-network

**U.P. Food Exchange**
This group connects local food activity within three regions (eastern, central, western) of the Upper Peninsula and coordinates local food efforts between the regions.
http://upfoodexchange.com/

**Taste the Local Difference**
From the Michigan Land Use Institute, this resource connects consumers in northwest Lower Michigan to local food and farms, restaurants and businesses.
https://www.facebook.com/localdifference
Winter squash comes in a variety of shapes, colors, and sizes, and the best ways to prepare each one varies by variety. While integrating acorn or butternut squash into your menu may seem daunting, the following preparation techniques and recipes can make it easier to make winter squash a staple of your fall menu.

**Basic Winter Squash Preparation Techniques**

- **Baking**
  Baking brings out the sweetness in winter squash and saves the beta-carotene content. To bake, halve squash lengthwise. Scoop out the seeds and strings. Cut large squash into serving-size pieces. Place the squash, cut-side down, in a foil-lined baking pan. The foil will help avoid the sugary juices from burning onto the pan. Cover bottom of pan with about ¼-inch of water, cover with foil, and bake in a 350°F to 400°F oven until the squash is tender when pierced with a knife. Cook squash halves for 40 to 45 minutes and cut-up squash for 15 to 25 minutes.

- **Sautéing**
  Grate, peel or dice squash. Sauté in broth or a broth/oil mixture, until desired tenderness, about 8 to 15 minutes. **Tip**: Grated squash is best if it is cooked just to the point where it is still slightly crunchy.

- **Microwaving**
  Cut squash in half and arrange halves, cut-side up, in a shallow microwavable dish. Cover and cook until tender, about 7 to 10 minutes. Let the squash stand for 5 minutes after cooking. Cooking time for squash chunks is 6 to 8 minutes.

- **Puréeing**
  All squash varieties can be puréed. Cook squash using one of the methods above. Place cooked squash in a blender; purée. Puréed squash can be used in recipes for baked goods, soups or custards, or as a side dish in place of potatoes.

- **Freezing**
  Cooked squash freezes well. Pack into freezer containers or freezer bags leaving ½-inch of head space. Frozen squash can be used for up to one year.

**2015 Winter Squash Recipes**
# Winter Squash Recipes

## Squash Spaghetti

**Ingredients**
- 12 pounds spaghetti squash
- 10 ounces unsalted butter
- 2 tablespoons olive oil blend
- 2 tablespoons fresh chives, chopped
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh thyme, chopped
- 2 tablespoons kosher salt
- 2 teaspoons fresh ground pepper

**Directions**

Cut squash in half lengthwise and remove seeds. Place skin-side up on perforated pans and steam for 20 to 25 minutes. Let cooked squash rest at room temperature for a few minutes. Once squash is cooled slightly, using a fork, scrape the centers of the squash into a large bowl. Stir butter, oil, fresh herbs, salt and pepper into squash. Adjust seasonings to taste. Transfer to an 8 x 8-inch pan and cover. Serve in 4-ounce portions with appropriate sauce, such as pesto, marinara or roasted pepper coulis.

**Yield: 28 servings**

Recipe provided courtesy of Michigan State University Residential and Hospitality Services.

## Acorn Squash Bowls

**Ingredients**
- 12 small acorn squash
- 6 cups applesauce, unsweetened
- 2 tablespoons brown sugar
- 2 tablespoons ground cinnamon
- 2 cups chopped walnuts or pecans

**Directions**

Preheat oven to 350°F. Wash and halve the squash and remove seeds. Place halves on baking sheets, cut-side down. Cover and cook about 6 to 9 minutes, rotating the dish halfway through.

Scrape flesh from each squash half into a bowl. Add applesauce, cinnamon, brown sugar and nuts to bowl and mix. Spoon mixture evenly into squash halves and place on baking sheets. Cook about 2 to 3 more minutes to heat thoroughly.

**Yield: 48 servings of ¼ squash each**

Recipe from Neufeld, N., Henry, S., Lawrence, What’s Cooking? USDA Mixing Bowl.
Stir-Fry Fajita Chicken, Squash and Corn

Ingredients

- 6 pounds dry brown rice, long-grain
- 2 teaspoons granulated garlic
- 1/4 cup + 2 teaspoons salt-free chili-lime seasoning blend
- 1/2 cup fresh cilantro, chopped
- 1 cup canola oil
- 2 pounds fresh onions, diced
- 8 pounds frozen cooked fajita chicken strips, thawed
- 8 pounds fresh butternut squash, peeled, chopped into 1/2-inch squares
- 2 pounds fresh red bell peppers, seeded and diced
- 4 pounds frozen corn, thawed/drained
- 1 No. 10 can diced green chilies
- Half of 1 No. 10 can low-sodium diced tomatoes
- 1 tablespoon + 1 teaspoon black pepper
- 2 tablespoons ground cumin
- 1 tablespoon + 1 teaspoon garlic powder

Directions

Boil 1½ gallons water. In each of two hotel pans (12-inch x 20-inch x 2.5-inch), place 3 pounds brown rice. Pour half boiling water over rice in each hotel pan and stir. Cover tightly with tin foil. Bake for 40 minutes at 350°F in a conventional oven (325°F for convection oven). Remove pans from oven and let stand, covered, for 5 minutes. Sprinkle brown rice with granulated garlic and half of chili-lime seasoning; mix well. Fold in cilantro.

Heat oil in a roasting pan on top of the stove. Sauté onions for about 2 to 3 minutes until translucent. Add chicken, squash and remaining chili-lime seasoning. Stir-fry over high heat for 10 minutes or until squash is tender. Add red peppers, corn, green chilies, tomatoes, black pepper, cumin and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 minutes to maintain crunchiness of vegetables. DO NOT OVER-COOK. Reduce heat to low and simmer for 2 minutes. Serve ¾ cup stir-fry over ½ cup brown rice and enjoy!

Yield: 50 servings

Recipe from Getz, C. and Gray, P. in What’s Cooking? USDA Mixing Bowl.
Acorn Squash Lasagna

**Ingredients**

**Sauce**
- 8 tablespoons butter
- 1 cup flour
- 3 1/4 cups water
- 3/4 cup heavy cream
- 3/4 cup white wine
- 1 clove garlic, minced
- 1 tablespoon vegetable bouillon
- 1 1/3 tablespoon parmesan cheese
- 1/3 cup parmesan cheese
- 1 2/3 tablespoon dried basil (optional)

**Squash Filling**
- 5 pounds acorn squash, peeled, seeded and diced
- 1 1/4 cup oil
- Salt and pepper to taste
- 1 2/3 tablespoons ground nutmeg

**Bruschetta**
- 6 2/3 cups diced tomatoes
- 2 tablespoons oil
- 1 teaspoon garlic, minced
- 3 tablespoons fresh basil, chiffonade
- 1 teaspoon kosher salt

**Lasagna**
- 30 cooked lasagna noodles
- 1 1/4 pounds Italian roasted red peppers, sliced
- 10 ounces fresh spinach, washed
- 5 pounds shredded mozzarella cheese

**Directions**

**Sauce**: Melt butter. Stir in flour to make a roux. While stirring, slowly stream in the water, milk, heavy cream and wine. Add garlic and bouillon, stirring to dissolve. Stir and cook until smooth and thickened. Gradually add parmesan cheese, stirring to melt. Stir in basil.

**Squash Filling**: Toss diced squash with oil, salt and pepper to evenly coat. Place on a sprayed sheet tray and roast at 350°F for 10 minutes, or until slightly tender. When done, transfer squash to a bowl and, with your hands, mash half of the squash, leaving half still in form. Mix in nutmeg.

**Bruschetta**: Combine all ingredients in a bowl; set aside.

**Lasagna assembly**: Spray each 8 x 8 pan with pan release. Spread ½ cup sauce on the bottom of each pan. Top with ingredients in the following order: 3 lasagna noodles, 1 pound squash, ½ cup spinach, 1 cup sauce, 4 ounces roasted red peppers, 1 cup mozzarella cheese, 3 lasagna noodles, and 3 cups mozzarella cheese. Cover pan with foil and cook at 350°F for 35 minutes, or until heated through. Let lasagna rest before slicing each pan into 12 servings. Garnish each piece with 2 teaspoons of bruschetta.

Recipe provided courtesy of Michigan State University Residential and Hospitality Services.
Winter Squash Recipes

Butternut Squash Muffins

Ingredients

- 5 pounds basic muffin mix
- 2 pounds butternut squash, cooked and puréed*
- 1 teaspoon salt
- 1 1/2 tablespoon cinnamon
- 1 tablespoon nutmeg
- 2 teaspoons cloves

*yield: 48 servings of ¼ squash each

Directions

In a large bowl, mix together muffin mix as instructed on box, along with puréed squash, salt, cinnamon, nutmeg and cloves. Mix ingredients just until blended. Scoop batter into prepared muffin cups. Bake at 350°F for approximately 18 to 20 minutes, or until a toothpick inserted in center of muffin comes out clean.

*Note that puréed pumpkin may be substituted for butternut squash.

Butternut Squash Muffins

The Whole Enchilada

Ingredients

- 1 3/4 gallons + 3 cups butternut squash
- 3 tablespoons + 13/8 teaspoons olive oil
- 1 1/4 cups + 1/2 tablespoon garlic
- 2 quarts + 2 1/4 cups diced onions
- 2 quarts + 2 1/4 cups diced green peppers
- 1 1/4 cups + 1/2 tablespoon jalapeno peppers
- 2 5/8 teaspoons black pepper
- 1 1/4 cups + 1/2 tablespoon ground cumin
- 1 3/4 gallons + 3 cups canned black beans
- 7 pounds + 12 ounces shredded cheddar cheese
- 248 flour tortillas, 6-inch
- 1 1/4 gallons + 3/4 cup mild salsa

*yield: 124 servings of two enchiladas each

Recipe provided courtesy of Marie McNamara, Food Service Consultant, Macomb Intermediate School District.

Directions

Peel, halve and remove seeds from squash. Shred the squash flesh. Sauté garlic, onions, peppers and spices in oil until the onions are caramelized. Drain and rinse black beans to reduce sodium content by about 40 percent. Combine drained black beans, squash and sautéed vegetables; mix thoroughly. Mix in half of the cheddar cheese. Steam the mixture to 135°F.

Place ¼ cup of mixture in each tortilla shell and fold tortilla into eggroll shape. Place half of the salsa in the bottom of a steam table pan and then place enchiladas in the pan. Cover stuffed tortillas with remaining salsa and sprinkle the remaining cheese over top. Bake at 300°F for 30 minutes to reach 135°F internal temperature.

Recipe provided courtesy of Chef Dave McNamara
Authors
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