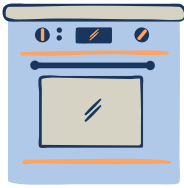# ROASTED BUTTERNUT SQUASH

Materials and Ingredients: cutting board, knife, baking sheet, parchment paper, 1 butternut squash, 2 tbsp olive oil (or any neutral cooking oil), salt, pepper, (optional) additional seasoning

Instructions:
1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Cube butternut squash and place in a single layer on the baking sheet.
3. Coat with olive oil, salt, pepper, and (optional) additional seasonings.
4. Roast for 25–35 minutes, stirring halfway through, until tender with a fork and golden.

Feel free to add whatever seasonings you like, we especially love garlic and have also provided a Cajun seasoning for you to enjoy!

STUFFED ACORN SQUASH WITH SAUSAGE

Notes: The filling can really be anything you want it to be: the basis for it is just ground protein, vegetables, rice, seasoning!

Materials and Ingredients: baking sheet, knife, cutting board, spoon (for stirring pan), pan (or pot), acorn squash, olive oil, salt, pepper, cremini mushrooms, red onion, granulated garlic, thyme, rice, cheese (your choice!)

Instructions:
1. Preheat oven to 400°F. Cover two acorn squash halves with olive oil, salt, and pepper. Roast for 45 min and flip halfway until tender with a fork. Remove from oven and reduce heat to 350°F.
2. While squash is roasting, fully cook 1/3 lb. Italian sausage with 1 tbsp of olive oil.
3. Add ½ cup of chopped mushrooms, ½ a red onion, 1 tbsp of granulated garlic, ½ tbsp of thyme, salt, and pepper to sausage. Cook until mushrooms and onions are soft and have released liquid.
4. Add ½ cup of rice and ¼ cup of cheese to mixture. Add a splash of water until mixture is not dry and is scoopable.
5. Fill each squash half with sausage mixture and cover with cheese. Roast it in the oven for 12 minutes or until cheese is melted.

Squash Away the Cold!

FEATURING BUTTERNUT AND ACORN SQUASH

WHAT IS AND HOW TO PREPARE WINTER SQUASH

Winter squash is a term referring to a type of squash that is harvested during the colder months when the seed is mature and the skin has hardened.

Depending on the type of squash, the skin can be edible. Both acorn and butternut squash have thin skin that is edible, so we can skin the peeling!

To prepare acorn squash, simply:
1. Wash it
2. Cut it down the middle
3. Scoop out the seeds and soft innards, and your acorn squash is ready for cooking!

Butternut squash is prepared similarly, but we recommend cutting it in half at its "waist" before cutting it in half lengthwise. This makes for easier prep!
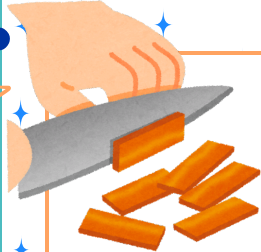
NOTES ON WORKING WITH SQUASH

Storing Squash: Squash can be kept for up to three months in a dry, cool space with little sunlight (do not put it in the fridge). Take them off the floor and discard/compost once soft.

Meal Prep: Prepare roasted squash easily by cutting the cubes earlier and freezing them. Squash can stay frozen in the freezer for up to a year, just take it out to thaw for at least 30 minutes before cooking. Or you can buy frozen squash cubes for even easier meal prep!

Storing Cooked Squash: Roasted squash can be kept in the fridge in an airtight container for 3-4 days. Filling for the stuffed squash can also be made and stored for 2-3 days in the fridge in an airtight container.
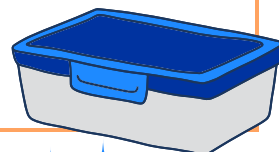
Campus Kitchen at UK is a student-led service organization in the Department of Dietetics and Human Nutrition in the **Martin-Gatton College of Agriculture, Food, and Environment**. We were founded in 2014 with the focus of minimizing food waste, improving food security, and bringing awareness to food sustainability in the UK and Lexington communities!

Join us for **Farm-to-Fork** every Wednesday from 11AM- 1PM during the regular school year in Funkhouser 207 or Ag. North N24, where students can get a free, well-balanced meal made by us. Or volunteer with us to recover, cook, or deliver food!

Locally Chopped is a new initiative at CKUK happening once a month during Farm-to-Fork at Funkhouser 207 where we show you how to prepare two different dishes of a local, seasonal ingredient. AND you get to take home some of that ingredient with you! WITH recipes made with college students in mind!

Follow us on Instagram **@ckkentucky** and we hope to see you soon!

UK Martin-Gatton
College of Agriculture,
Food and Environment
*Department of Dietetics and
Human Nutrition*

CAMPUS KITCHEN
AT THE UNIVERSITY OF KENTUCKY