



BUTTERNUT SQUASH RECIPES

Roasted Butternut Squash

Ingredients:

- 2 lbs. butternut squash, cubed (can substitute with any winter squash)
- 2 tbsp. olive oil
- 1/2 tsp. salt
- 1 tsp. ground cinnamon
- 1/2 cup pecans, chopped
- 2 tbsp. pumpkin seeds, raw (or try roasting your butternut squash seeds, recipe below)
- 2 tbsp. dried cranberries, unsweetened (optional)

Instructions:

Preheat oven to 400°F.

Line a baking sheet with foil and set aside.

Cut squash in half and remove the seeds. Peel with a vegetable peeler or knife. Cut into 1 inch cubes.

In a large mixing bowl, combine squash, oil, salt, and cinnamon. Stir until oil and cinnamon are evenly distributed.

Pour squash onto a lined baking sheet. Bake at 400°F for 25-30 minutes.

Remove from the oven and sprinkle with pecans, pumpkin seeds, and dried cranberries (optional).

Serves 4

Recipe from Alie Cohen



JUNIOR LEAGUE OF
THE PALM BEACHES



BUTTERNUT SQUASH RECIPES

Roasted Butternut Squash Seeds

Ingredients:

- 1 1/2 cups butternut squash seeds
- 2 tsp. salt
- 2 tsp. olive oil
- 1/2 tsp. ground nutmeg
- 2 tsp. cinnamon

Instructions:

Preheat oven to 350°F.

Line a baking sheet with foil and set aside.

In a saucepan, bring 2 cups of water and 2 tsp. of salt to a boil.

While the water boils scoop the seeds from your squash and place in a bowl of cold water.

Swish them around until the seeds float and most of the pulp has come off.

Add the cleaned seeds to the boiling water. Simmer for 5 minutes. Drain and pull away any remaining pulp.

Dry the seeds with a towel and place them on the baking sheet. The seeds will not crisp if they are not very dry.

Toss with oil and spices until well coated. Then spread the seeds into one layer.

Bake seeds for 10-25 minutes or until golden brown and fragrant. Stir seeds halfway through cooking time.

Makes 1 1/2 cups

Recipe from Alie Cohen



BUTTERNUT SQUASH RECIPES

Kale Salad with Butternut Squash

Ingredients

- 8 tbsp. olive oil
- 3 tbsp. balsamic vinegar
- 1/2 of a medium shallot, minced
- 1 tsp. of Dijon mustard
- Salt & pepper to taste
- 1 1/2 cups of roasted butternut squash (see recipe above)
- 10 oz. of kale (or your choice of greens)
- 1/2 cup of sliced or chopped almonds

Instructions

Prepare dressing by mixing olive oil, balsamic vinegar, minced shallot, and Dijon mustard. Add salt and pepper to taste.

Rinse kale and set aside to dry.

Toast almonds by placing them in a dry skillet on medium heat. Stir as needed to keep them from burning. Cook for 4-5 minutes or until golden brown and fragrant.

Top kale with squash, almonds, and dressing.

Serves 4

Recipe from bonappetit.com



About the Junior League of the Palm Beaches

The Junior League of the Palm Beaches is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Our purpose is exclusively educational and charitable. Since 1941, the Junior League of the Palm Beaches has been an integral part of the community. It is part of the Association of Junior Leagues International, which is comprised of 291 Junior Leagues across the United States and in four countries. Learn more at jlpb.org.



About Kids in the Kitchen

The Association of Junior Leagues International, Inc. and most of its member Leagues are ardent supporters of the fight against childhood obesity. To combat the problem, the organization believes it is necessary to educate children and their families about nutrition and fitness via hands-on initiatives such as its Kids in the Kitchen program. The initiative is grounded in the belief that children (and families) empowered with the knowledge of how to feed and exercise their bodies will be less likely to become obese and subsequently suffer many associated health risks.

