

# How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

## BUTTERNUT SQUASH

Butternut squash is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of a pumpkin. Butternut squash is in peak season in Arizona from August through November!

### Examples:



Squish Squash  
Lasagna



Chef Sam's Butternut  
Squash Soup



Quinoa & Butternut  
Squash Salad



Cinnamon Butternut  
Squash



Harvest Delight

### TIP!

Consider using Butternut Squash (USDA Squash Butternut FR 40 LB CS #15O20) through USDA Foods!