What You Can Do With Butternut Squash

Butternut squash is a healthy and nutritious vegetable that is in season during the fall and winter. This is why so many seasonal dishes call for this orange vegetable. It has a mild, yet nutty taste, so it can be used for a wide range of lunch and dinner meals. Just look at all these different ways you can use butternut squash in your meals.

**Make Butternut Squash Banana Bread**

The first recipe that is tasty and lower in fat is a banana bread that is made with butternut squash. When you use squash, you can replace the eggs and butter you were originally going to use, similar to when you use pumpkin in recipes. You then combine the other bread ingredients with the squash and the banana, add some spices, and put it in the oven. You have a healthier bread that is perfect for breakfast or as a side dish for lunch or dinner.

**Cut it Up and Put it in Salads**

Your butternut squash can also be used to put in any type of salad. There are harvest salads that combine a lot of fruits, vegetables, and nuts that are popular in the fall and also call for butternut squash. Spinach and kale are popular greens to have when you want a salad with butternut squash. Just add your squash to your greens, then any other fall veggies and fruits you think go together. The creaminess of the squash means you don’t need to add cheese and dressing if you don’t want to.

**Make Chili or Soup**

Both chili and soup taste delicious when you use butternut squash as a primary component. They are thick, creamy, and very healthy. For example, you can make a risotto that includes butternut squash, barley, rich seasonings, and even some pumpkin if you want to add that in as well. Another good soup option is making a stew with butternut squash and chickpea stew. If you want to make a chili, you can replace the meat with the squash, and have all the other usual vegetables and seasonings you like with your chili.

**Bake Healthy chips**

If you want healthy chips for the fall season, don’t use potatoes. Instead, you can use your butternut squash. You just need to slice it into thin slices like chips, season it, then bake it just like any other chips you make at home.