



Iced Butternut Squash Licuado

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

- Blender (or pitcher + immersion blender)
- Liquid measuring cup
- Dry measuring cups

Ingredients

Iced Butternut Squash Licuado

- 3 C milk **** (for DAIRY ALLERGY sub 3 C dairy-free/nut-free milk)****
- 1 C diced frozen butternut squash or 1/2 15-oz can butternut squash purée
- 1/3 C sugar (brown, white, honey, or molasses are all great)
- 1 C ice

Food Allergen Substitutions

Iced Butternut Squash Licuado

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Iced Butternut Squash Licuado

intro

A "licuado" (lee-KWAW-doh) is the Latin American version of a smoothie. Instead of fruit juices, yogurt, or ice cream, a "licuado" is made with milk. This Butternut Squash Licuado is a refreshing fall concoction that will leave you shocked that butternut squash can make a tasty drink.

measure + blend

Measure and add the following ingredients to your blender: **3 cups milk**, **1 cup diced frozen butternut squash** (or **1/2 can butternut squash purée**), and **1/3 cup sugar**. Blend until smooth.

serve

Serve poured over ice or serve as is! Salud!

Featured Ingredient: Butternut Squash!

Hi! I'm Butternut Squash!

"I've got a long neck with a rather bulbous end—like a bell or bottle! I'm related to the pumpkin, and in Australia, they call me a butternut pumpkin!"

History & Etymology

Squash are one of the oldest known crops—10,000 years by some estimates of sites in Mexico. All squash is native to North America, but the butternut variety didn't exist until the 1940s, when Charles Leggett, a Massachusetts man, crossed a pumpkin with a gooseneck squash.

"Squash" comes from the mid-17th century Narragansett word "askutasquash"), which means "eaten raw or uncooked." This squash is called "butternut" because of its nutty flavor.

Anatomy

Botanically, butternut squash is a fruit and belongs to the Cucurbitaceae family that includes cucumbers, honeydew melons, pumpkins, watermelons, and zucchini. However, as food, it is used as a vegetable. Butternut squash is a type of winter squash that grows on a vine, and when ready for harvest, they have a hard tan skin that you can't pierce with a fingernail, yellow-orange flesh that gets more orange when ripe, and a hollow seed cavity with edible seeds.

How to Pick, Buy, & Eat

Winter squash are cured for the best flavor, as their natural sugars have a chance to concentrate. They are picked with part of their stem left on, then left in the sun, and kept dry for about 7 to 14 days. (Although, they can also be cured indoors.) Their skin hardens as they sit, allowing them to last longer in storage.

Butternut squash is seasonal, and in the US, the best time to buy ripe local squash is September through October.

Look for butternut squash with a solid beige color without deep cuts or bruises. A little surface scratching and marks from where it sat on the ground are acceptable. Select one that feels heavy for its size and leave any with brown spots or punctures, as bacteria and mold could develop.

Store butternut squash in a cool, dark place in your kitchen, and it will keep for 2 to 3 months—it does not need to be refrigerated.

Its unique flavor can be used in both savory and sweet dishes. You can cook it in various ways: roasted, grilled, steamed, or puréed. It is a side dish or an ingredient for soup, pasta, dips, salads, desserts, and more.

In South Africa, cooks use butternut squash to make soup, or they grill it whole, seasoned with cinnamon and nutmeg or stuffed with spinach and feta and wrapped in foil.

The skin is edible if softened during roasting. Roasted butternut squash seeds can be eaten as a nutritious snack, just like pumpkin seeds, or their oil can be pressed for cooking or salad dressings.

Nutrition

Butternut squash is a good source of soluble fiber, beta-carotene, vitamins A, C, and E, manganese, magnesium, and potassium. It has more vitamin A than that of a pumpkin. It is high in water content and very low in calories: one serving is just 45 calories!

Butternut squash has natural antioxidants and anti-inflammatory properties and is good for your skin and eyesight.