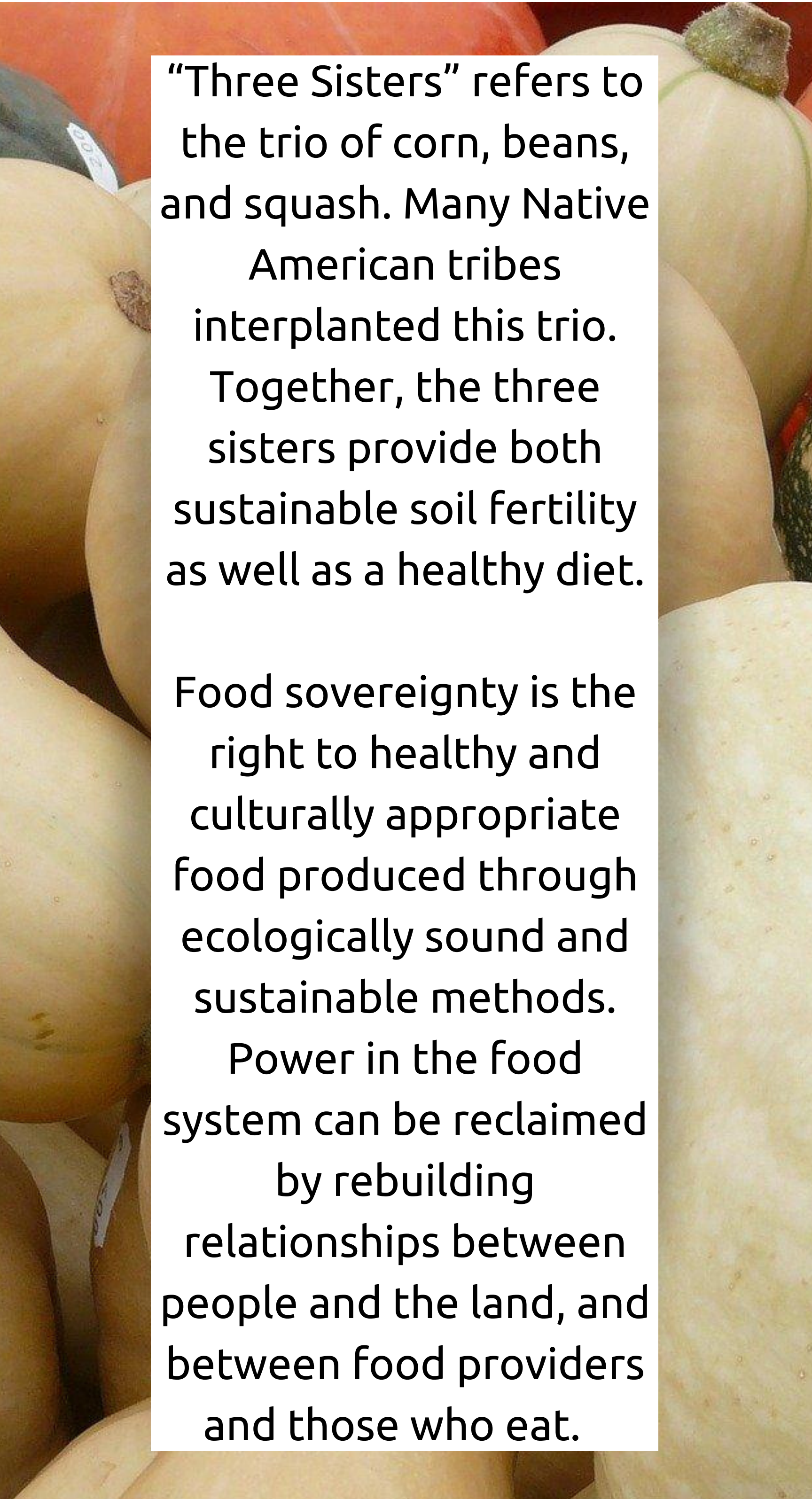


# Food for Health: Butternut Squash

Eagle Valley - Clarissa, MN

The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.



“Three Sisters” refers to the trio of corn, beans, and squash. Many Native American tribes interplanted this trio. Together, the three sisters provide both sustainable soil fertility as well as a healthy diet.

Food sovereignty is the right to healthy and culturally appropriate food produced through ecologically sound and sustainable methods.

Power in the food system can be reclaimed by rebuilding relationships between people and the land, and between food providers and those who eat.

There are two types of squash: summer and winter. Butternut squash is a variety of winter squash. Many other varieties come in different shapes, sizes, and colors.

Butternut squash is packed with fiber, vitamin A, vitamin C, potassium, and magnesium. Magnesium is one of seven essential macrominerals.

Magnesium helps to maintain nerve and muscle function, bone strength, a steady heartbeat, and supports the immune system.

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“[Food sovereignty] puts the aspirations and needs of those who produce, distribute and consume food at the heart of food systems and policies.”

- Nyéléni, food sovereignty activist

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## Three Sisters Chili

### Directions

1. Cut the butternut squash in half, peel, and scoop out the seeds to save for later. Chop squash into 1/2 inch cubes.
2. In a large pot over medium heat, sauté onions, peppers, and garlic for 5 minutes.
3. Add the rest of the ingredients, cover, and simmer for 15-20 minutes. Uncover and simmer until the squash is fork-tender.
4. Serve, top with cheese or sour cream, and enjoy.

Preparation tip: roast seeds with your favorite seasonings for a healthy snack

To learn more, visit the  
Sprout website at  
[www.sproutmn.com/recipes](http://www.sproutmn.com/recipes).

### Ingredients

#### Chili:

- 1/4 cup sunflower oil
- 1 onion, diced
- 1 bell pepper, diced
- 5 garlic cloves, minced
- 1 butternut squash
- 3 15 oz cans beans, drained and rinsed
- 5 tomatoes, diced
- 3 cups vegetable broth
- 2 corn, cut off cob
- 1 tablespoon ground cumin
- 1 teaspoon dried oregano
- 1 bay leaf
- 1/2 cup chopped cilantro
- Salt and pepper to taste

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