

Starchy Vegetables: Squash, Turnips, Corn & Potatoes



Starchy vegetables are high quality carbohydrates that contain many beneficial nutrients.

Remember: Despite their health benefits, starchy vegetables are more calorie dense than non-starchy vegetables so be mindful of portion size!

- **Season:** Most are available year round, however, the peak season depends on the individual vegetable
- **Health Benefits:** Rich in antioxidants, vitamin C, B-6, folate, potassium, and magnesium. Also contain fiber which can help keep you full, regulate your blood sugar, and keep your digestive system regular
- **How to Purchase:** The harder the better. They should also be smooth and free of gashes and bruising. If it has stems and leaves, make sure the greens are firm and bright. Frozen versions are also great options that contain the same amount of nutrients.
- **Storage:** Best stored in a cool, dark room. If storing in the refrigerator keep them in a paper or plastic bag in your vegetable drawer so that they don't soften and spoil more quickly.
- **Preparation:** raw, steamed and boiled, roasted, sautéed, and grilled

The many types of starchy vegetables....

- **Sweet Potatoes & Yams:** They both can be used in sweet and savory recipes.
- **Corn:** Fresh summer corn is sweet and delicious. When corn is out of season, frozen corn is a great choice with the same amount of nutritious benefits.
- **Squash**
 - **Winter:** Include acorn squash, butternut squash, and kabocha. Flavors range from mild to sweet. Can be used in a wide variety of foods including soups, purees, pies, curries, and stews.
- **Turnips:** Subtle in flavor which makes them a great vegetable to combine with richer flavors



Bonus! Spaghetti squash (a winter variety) and summer squash are not considered starchy vegetables because they are lower in carbohydrates and more water and fiber dense.