



# Butternut Squash Health Bars

<b>¾ cup</b> all-purpose flour	<b>¼ teaspoon</b> salt	<b>½ cup</b> unsalted butter, softened
<b>¾ cup</b> whole-wheat flour	<b>1½ cups</b> cubed butternut squash	<b>1 cup</b> light brown sugar
<b>1½ cups</b> old fashioned oats	<b>2 teaspoons</b> pumpkin pie spice	<b>¾ cup</b> semi-sweet chocolate chips
<b>½ cup</b> sliced almonds		
<b>1 teaspoon</b> baking soda		

**Preheat** oven to 425 degrees F. Lightly **spray** a 13-by-9-inch baking dish with non-stick spray. In a medium bowl **combine** flours, old fashioned oats, sliced almonds, baking soda and salt. **Set** aside. **Place** squash cubes in a medium saucepan and **cover** with water. **Boil** squash for 20 minutes, or until tender. **Remove** from heat, **drain** and **puree** in a food processor. In a small bowl, **mix** the pureed squash and the pumpkin pie spice. In a large bowl, use a hand mixer to **beat** the butter and brown sugar until creamy. **Add** squash mixture and **blend** with the mixer. **Add** the dry ingredients to the squash

mixture and continue to **beat** until fully blended. **Spread** mixture into prepared baking dish. **Bake** for 20-25 minutes or until the top is a light golden brown. Allow to **cool** and **cut** into bars. **Melt** the chocolate chips by placing them in a microwave-safe container. **Microwave** on low power for 30 second increments until smooth, **stirring** often. **Drizzle** chocolate over top of bars.

**Yield:** 20 servings

**Nutritional Analysis:** 190 calories, 8 g fat, 4 g saturated fat, 10 mg cholesterol, 95 mg sodium, 28 g carbohydrate, 2 g fiber, 15 g sugar, 3 g protein.

# Kentucky Winter Squash

**SEASON:** August through October.  
**NUTRITION FACTS:** Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.  
**SELECTION:** Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.  
**STORAGE:** Store it in a cool, dry place and use it within 1 month.  
**PREPARATION:**  
**To steam:** Wash, peel, and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan tightly and

steam the squash 30-40 minutes or until tender.  
**To microwave:** Wash squash and cut it lengthwise. Place it in a baking dish and cover the dish with plastic wrap. Microwave until tender, using these guidelines:  
 • **Acorn squash:** ½ squash, 5-8 minutes; 1 squash, 8½-11½ minutes.  
 • **Butternut squash:** 2 pieces, 3-4½ minutes.  
 • **Hubbard squash:** (½-pound pieces) 2 pieces, 4-6½ minutes.  
**To bake:** Wash squash and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

## KENTUCKY WINTER SQUASH

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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