



Cushaw Pie

2 cups cooked and mashed cushaw squash	½ cup brown sugar	½ teaspoon nutmeg
¼ cup butter	2 eggs	¼ teaspoon ground cinnamon
¼ cup sugar	1 teaspoon lemon extract	1 9-inch graham cracker pie shell
	1 teaspoon vanilla extract	

- To prepare squash:** Wash and remove rind from the squash. **Cut** flesh into 1 inch squares. **Steam** squash cubes until tender. Drain and mash.
 - Preheat** oven to 400° F. In a large bowl, mix together the cushaw, butter, and sugars. **Add** eggs, lemon extract, vanilla extract, nutmeg and cinnamon. **Mix** until smooth.
 - Pour** mixture into pie shell.
 - Bake** 15 minutes at 400° F.
 - Reduce** oven temperature to 350° F and bake pie for an additional 45 minutes or until filling sets.
- Yield:** 8 slices
- Nutritional Analysis:** 250 calories, 13 g fat, 5 g saturated fat, 2.5 g trans fat, 70 mg cholesterol, 140 mg sodium, 33g carbohydrate, 1 g fiber, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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

Source: www.fruitsandveggiesmatter.gov

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°F for 1 hour or until tender. Seeds can be toasted at 350°F for 20 minutes.

WINTER SQUASH

Kentucky Proud Project

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