



Glazed Butternut Squash with Carrots and Turnips

1½ cups cubed butternut squash

1½ cups sliced carrots

1½ cups cubed peeled turnips

4 teaspoons oil

½ teaspoon salt

¼ teaspoon pepper

Cooking spray

2 tablespoons maple syrup

1. Preheat oven to 450 degrees.

2. Cut vegetables into ½-inch pieces.

3. Coat a 9 x 13-inch baking dish with cooking spray.

4. Combine the first 6 ingredients.

5. Bake for 10 minutes.

6. Stir in syrup and bake an additional 20 minutes.

Yield: 8, ½ cup servings.

Nutritional Analysis: 60 calories, 2.5 g fat, 0g sat fat, 1 g protein, 9 g carbohydrate, 0 mg cholesterol, 170 mg sodium, 2 g fiber.

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.

Source: USDA

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

SQUASH

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