Cushaw Pie

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

1. To prepare squash: Wash and remove rind from the squash. Cut flesh into 1 inch squares.
2. 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.
3. Pour mixture into pie shell.
4. Bake 15 minutes at 400°F.
5. 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, 33 g 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 in a baking dish and cover the dish with plastic wrap. Microwave until tender, using these guidelines:

- Acorn squash—⅜ 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.

Source: www.fruitsandveggiesmatter.gov

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
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