Glazed Butternut Squash with Carrots and Turnips

| 1½ cups cubed butternut squash | ½ teaspoon salt |
| 1½ cups sliced carrots          | ¼ teaspoon pepper |
| 1½ cups cubed peeled turnips    | Cooking spray    |
| 4 teaspoons oil                | 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, 0 g 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.

**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;
- **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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