



Butternut and Acorn Squash Soup

1 butternut squash, halved and seeded	1/3 cup chopped sweet onion	1/2 teaspoon ground black pepper
1 acorn squash, halved and seeded	4 cups chicken broth	3/4 teaspoon ground cinnamon
1 tablespoon olive oil	3 tablespoons peanut butter	1/4 teaspoon nutmeg
	1/3 cup packed brown sugar	Fresh parsley for garnish

Using a vegetable peeler, **remove** the skin from the butternut and acorn squashes and **cut** into 1-inch cubes. In a large soup pot, **heat** the oil on medium high. **Add** the onion, and **cook** 1 to 2 minutes until it starts to become translucent. **Add** cubed squash, and cook 4 to 5 minutes. **Add** chicken broth, and bring to a boil. **Lower** heat, and **simmer** 30 to 35 minutes, until the squash is fork tender. Allow to **cool** slightly, then **blend** until smooth in a food processor or

blender. **Return** mixture to the pot, and **heat** to medium low. **Add** peanut butter, brown sugar, pepper, cinnamon, and nutmeg. **Stir** until well blended. **Garnish** with fresh parsley. **Serve** warm.

Yield: 7, 1-cup servings

Nutritional Analysis:

200 calories, 6 g fat, 1 g saturated fat, 5 mg cholesterol, 600 mg sodium, 36 g carbohydrate, 4 g fiber, 14 g sugar, 10 g added sugar, 4 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 in a cool, dry place and use within one 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 to 40 minutes or until tender.

To microwave: Wash squash and cut it lengthwise. Remove seeds. Place it in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- **Acorn squash:** 1/2 squash, 5 to 8 minutes; whole squash, 8 1/2 to 11 1/2 minutes.
- **Butternut squash:** 2 pieces, 3 to 4 1/2 minutes.
- **Pumpkin:** 1 pound piece, 7 to 8 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.

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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