



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. It is 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. Then 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. Place it in a baking dish and cover the dish with plastic wrap. Microwave until tender, using these guidelines:

- acorn squash— $\frac{1}{2}$ squash, 5 to 8 minutes; 1 squash, $8\frac{1}{2}$ to $11\frac{1}{2}$ minutes.
- butternut squash—2 pieces, 3 to $4\frac{1}{2}$ minutes.
- hubbard squash ($\frac{1}{2}$ -pound pieces)—2 pieces, 4 to $6\frac{1}{2}$ 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.

Citrus Squash

2 medium acorn squash

$\frac{1}{4}$ cup unsweetened orange juice

$\frac{1}{4}$ cup unsweetened apple juice

$\frac{1}{4}$ cup brown sugar, firmly packed

1 tablespoon reduced calorie maple syrup

1 tablespoon margarine

1 teaspoon lemon peel, grated

Wash squash and cut it in half. Remove seeds and pulp. Cut each half crosswise into $\frac{1}{2}$ -inch slices, arrange the slices in a greased baking dish, and pour the orange and apple juices over the squash. Bake it covered at 350°F for 30 minutes. Combine the remaining ingredients in a small saucepan and bring the sauce mixture to a boil, stirring constantly. Then drizzle the sauce over the squash and bake uncovered for 15 to 20 additional minutes, basting occasionally. Yield: 6 servings (three slices each serving).

Nutritional analysis per serving: 130 calories, 1 g protein, 28 g carbohydrate, 2 g fat, 35 mg sodium.

Prepared by Pam Sigler. Adapted from Kentucky Winter Squash and Pumpkin (FSHE-1), Sandra Bastin, Ph.D., R.D., L.D., Food and Nutrition Extension Specialist.

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