



## 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.



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# 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**— $\frac{1}{2}$  squash, 5–8 minutes;  
1 squash, 8 $\frac{1}{2}$ –11 $\frac{1}{2}$  minutes.
- **Butternut squash**—2 pieces, 3–4 $\frac{1}{2}$  minutes.
- **Hubbard squash**—( $\frac{1}{2}$ -pound pieces)—2 pieces,  
4–6 $\frac{1}{2}$  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.

**SQUASH 1**

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