



Recipe of the Month

GLAZED BUTTERNUT SQUASH WITH CARROTS AND TURNIPS

Butternut Squash

Butternut squash is a member of the winter squash family. It is an edible member of the gourd family and was introduced by Native Americans to the colonists when they first arrived in America.

Winter squash have hard rinds and come in a range of colors and sizes.

One of the most recognizable and popular varieties of winter squash is the butternut squash.

Butternuts are large, up to a foot long, with a pear-shape and smooth, tan-colored shells.

Winter squash has about 50 calories in a ½ cup serving, is low in fat and sodium, and is an excellent source of vitamin A and fiber.

Select squash that is heavy for its size, with a dull, not deeply colored, rind.

Squash can be baked, roasted, stuffed, steamed, pureed, or added to stews and casseroles.

Baking squash will bring out the sweet flavor by caramelizing some of the sugars.

Store in a cool, dry place and use within a month.

Turnips

Turnips are a root vegetable and have been found all over Europe and Asia for centuries.

Turnips look like a very large radish and are well known as a food source for both the root and the greens.

Turnips are available year round, but are at their peak in the fall and winter.

Turnips have 15 calories per ½ cup serving. As with most vegetables, they do not contain fat, cholesterol, or sodium.

Turnips can be eaten raw or cooked; cook just to tender, over cooking will diminish the sweetness.

Carrots

Carrots are an excellent source of vitamin A, which is necessary for healthy eyesight, skin, growth, and also aids the body to resist infection.

Store carrots in the vegetable crisper section of the refrigerator.

Store fresh carrots the same way, only break off the green tops, rinse and store in a plastic bag.

Presentation Plan

Grocery list:

Vegetable oil, salt, pepper, cooking spray, maple syrup, butternut squash, turnips and carrots, for recipe and display.

Equipment needs:

Oven, cutting board, knife, large bowl, 1 cup and ½ cup measure, measuring spoons, 13 x 9 inch baking dish, large spoon.

Display preparation:

- Cover table with colorful fall cloth and decorate with a basket of squash varieties.
- Precut some of the butternut squash, leaving ½ of squash to demonstrate peeling and seed removal.
- Arrange other ingredients in small clear containers.
- Have serving plates and utensils available for sampling.

Demonstration steps:

1. Discuss focus commodities and talking points.
2. Prepare recipe, demonstrating the technique of peeling and seeding the squash.
3. Show finished product and serve.
4. Discuss menu options and ideas to "Plate it Up!"

Glazed Butternut Squash with Carrots and Turnips

Cooking spray

1½ cups cubed butternut squash

1½ cups sliced carrots

1½ cups cubed peeled turnips

4 teaspoons oil

½ teaspoon salt

¼ teaspoon pepper

2 tablespoons maple syrup

Directions: **Preheat** oven to 450°F.

Coat a 9 x 13-inch baking dish with cooking spray.

Wash, peel, and cut vegetables into ½ inch pieces.

Combine the vegetables, oil, salt, and pepper in the baking dish.

Bake uncovered for 10 minutes. Remove from oven, stir in syrup, and bake an additional 20 minutes.

Yield: 8, ½ cup servings.

Nutrition Analysis: 60 calories, 2.5 g fat, 0 g sat fat, 0 mg cholesterol, 170 mg sodium, 2 g fiber.

Menu Idea: Serve with pork roast, tossed salad, and whole wheat roll.

Source: www.fruitandveggiesmatter.gov

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Kentucky Proud Project

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