

## **WINTER SQUASH**

Winter squash has 10 times more vitamin A than summer squash. Winter squash varieties are mostly interchangeable in recipes. Although the many different types of winter squash look quite different on the outside, their flesh is quite similar.

### **Storage Tips**

- Winter squash will store at room temperature for at least a month
- Store for several months in a cool (50-55 degrees) and dry location

### **Culinary Tips**

- 1 lb of trimmed raw squash equals 2 cups cooked squash
- Boil or steam 1-2" cubes for 15-20 minutes. You can peel before or after cooking, but let it cool first.
- Mash cooked squash with butter
- Add chunks to stews and soups
- Cut in half carefully lengthwise, scoop out the seeds. Place flesh down in a baking dish. Bake at 350 degrees for 30- 60 minutes depending on size.
- Butternut squash are a good substitute for pumpkins in pie
- Add butter and maple syrup or brown sugar to bake squash
- Cook squash chunks along side roasting meats.

### **Pumpkin or Winter Squash Pie**

9" pie crust, unbaked  
2 Cups cooked, mashed pumpkin or butternut squash  
2 eggs, beaten  
¼ to 1/3 Cup honey  
2 Tbsp. Molasses (optional)  
1 tsp. ground cinnamon  
½ tsp. ground ginger  
¼ tsp. ground cloves  
1 Cup light cream, or half-and-half, or milk  
plus 2 Tbsp. Melted butter, or yogurt  
½ tsp. vanilla

Blend filling ingredients with beater or blender. Pour into pie crust. Bake at 400° for 45 to 55 minutes, or until knife inserted halfway between center and crust comes out clean.

### **Glazed Butternut Squash with Apples (serves 2)**

3 large butternut squash  
6 tart apples  
¾ c brown sugar  
½ tsp ground cinnamon  
½ tsp ground nutmeg  
½ tsp kosher salt  
1 4-oz stick unsalted butter, melted

1. Preheat the oven to 400 degrees.
  2. Peel the squash. Then halve them lengthwise, seed them, and cut them into half-inch slices. Steam them until barely tender, about ten minutes.
  3. Meanwhile, core and slice the apples into a similar thickness.
  4. In a small dish, combine the brown sugar, cinnamon, nutmeg, and salt.
  5. In a large baking dish, alternate layers of steamed squash with layers of apple, drizzling each layer with melted butter and dusting it with some of the sugar-spice mix.
  6. Bake until the squash is thoroughly glazed and tender, about twenty minutes. (For an even deeper glaze, place under the broiler for an additional few minutes.)
- From *David Rubel, WMAC What's for Dinner Radio Show host and chef*