

## Fall Into Healthy Eating with Kentucky Butternut Squash

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The Kentucky Butternut squash is one of the signature vegetables for the fall season. August through October. Butternut squash is an excellent choice for your food budget and can be prepared in savory and sweet recipes. Butternut squash has a hard rind that keeps it fresh for months if stored in a cool, dry location. When purchasing butternut squash, choose full-sized, mature fruit with a hard, tough rind. Also, look for squash that is heavy for its size. Avoid soft squash with cuts, punctures, or sunken or moldy spots on the rind.



### Facts About Butternut Squash

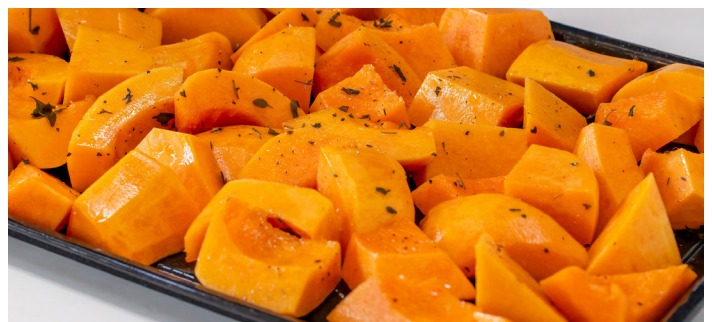
- Butternut squash is the fruits of the Cucurbita genus's vines. The butternut squash, like many vegetables, is called a vegetable in recipes and cooking.
- In some Native American languages, the word "squash" means "eaten raw," but winter squash is rarely eaten raw.
- Besides the fruit, other edible parts of squash plants include the seeds (eaten whole, toasted, ground into a paste, or pressed for oil); shoots, leaves, and tendrils (eaten as greens); and blossoms (used for cooking and decoration).

### Ways To Prepare Butternut Squash

#### Steaming:

Wash the butternut squash, peel and cut into two-inch cubes, and steam 25 to 40 minutes, until fork-tender. Or steam large pieces in the rind. Once cooked, the cook can remove the rind.

- o To steam, bring one inch of water to boil in the bottom of a pan.
- o Place a colander or a collapsible steaming basket in the pan.
- o Then put the vegetables in the colander or steamer and cover it tightly.
- o Reduce heat to medium-low, but make sure it is high enough to keep the water bubbling.
- o Add a dash of nutmeg to the cooked squash. Serve cubed or mashed.



### Baking:

Wash the butternut squash. Cut in half and remove the seeds and fibers. (For an extra treat, you can save the seeds, wash them, add a little salt or cinnamon and sugar, and toast in your oven at 350 degrees F for 20 minutes.

- o Place squash pieces on a cookie sheet. Optional: line the cookie sheet with foil for easier clean-up. There are two methods to bake squash – try both to see which you prefer
- o Rub squash with a little olive oil and bake uncovered to get a roasted flavor and some browned, caramelized sections.
- o Add about ½ cup of water to the pan and cover with foil. This method results in moister steamed squash. Whichever way you use, check for tenderness with a fork after about 45 minutes.

### Microwaving:

- o Squash cooks quicker in the microwave than in the oven.
- o Cut the butternut squash into individual pieces.
- o Arrange in a microwave-safe dish.
- o Cover with plastic wrap—Cook three to four and a half minutes per piece.
- o After 1-1/2 to 2 minutes, rotate the dish so that the squash cooks evenly. Continue cooking.
- o Remove from microwave, let it sit, covered, for five minutes.

### Nutrition:

Butternut squash is high in B vitamins, manganese, and potassium. As a vegetable with orange flesh, butternut squash is high in beta-carotene and is a good fiber source with 7 grams of fiber per cup.

## BUTTERNUT SQUASH

*Try the following recipes for a flavorful and nutritional boost to your diet. You will find these recipes use everyday ingredients found in your pantry, so give these butternut squash recipes a try!*



## Butternut Squash Fries

*This recipe is an excellent way to get kids to eat this vegetable. These crispy fries are perfect for dipping.*

**NUMBER OF SERVINGS:** 6

### INGREDIENTS

- 1 medium** butternut squash
- 1 tablespoon** olive oil
- 1 tablespoon** chopped fresh thyme
- 1 tablespoon** chopped fresh rosemary
- 1/2 teaspoon** salt

### DIRECTIONS

Heat oven to 425 F. Lightly coat a baking sheet with nonstick cooking spray. Peel skin from butternut squash and cut into even sticks, about 1/2 inch wide and 3 inches long. In a medium bowl, combine the squash, oil, thyme, rosemary, and salt; mix until the squash is evenly coated.

Spread onto the baking sheet and roast for 10 minutes. Remove the baking sheet from the oven and shake to loosen the squash. Place back in the oven and continue to roast for another 5 to 10 minutes until golden brown.

### NUTRITIONAL ANALYSIS PER SERVING

**SERVING SIZE:** 1/2 cup

62 calories | 0 grams saturated fat | 168 milligrams sodium | 11 grams total carbohydrates | 3 grams dietary fiber | 2 grams total sugars | 1 gram protein | 2 grams total fat







# Squash Apple Casserole

*This is a wonderful vegetable dish, especially for holidays. It is high in vitamin A, a good source of vitamin C, cholesterol-free, and almost sodium free.*

**NUMBER OF SERVINGS:** 4

## INGREDIENTS

**2 1/2 cups** fresh winter squash, cut into 1/2-inch slices  
**1 1/2 cups** cooking apples, pared and cut into 1/2-inch slices  
**1 teaspoon** cinnamon  
**1/2 teaspoon** nutmeg

## DIRECTIONS

1. Alternate layers of squash and apples in an 8- x 8-inch pan, ending with apples on the top layer.
2. Sprinkle spices over the top layer.
3. Cover the pan with aluminum foil and bake in 350 degrees F oven for approximately 45 to 60 minutes, until squash is tender.
4. Remove foil and bake another 10 to 15 minutes to remove any excess liquid that might have accumulated.
5. Cool slightly before serving.

## NUTRIENT INFORMATION PER SERVING

**SERVING SIZE:** 1 cup

54 calories | 0.2 grams fat | 0 gram cholesterol | 2 milligrams sodium | 5.9 grams total sugars | 2.5 grams dietary fiber | 14.2 grams total carbohydrates | 0.7 grams protein | 246 milligrams potassium | 4 milligrams iron



# Savory Butternut Squash Soup

**NUMBER OF SERVINGS:** 6

## INGREDIENTS

**1 tablespoon** olive oil  
**2** onions (medium, chopped)  
**2** carrots (medium, chopped)  
**2** garlic cloves (minced)  
**1 cup** tomato puree (canned)  
**5 cups** chicken or vegetable broth  
**4 cups** of butternut squash  
**1 1/2 tablespoons** oregano (dried)  
**1 1/2 tablespoons** basil (dried)

## DIRECTIONS

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrots, and garlic.
3. Cook for about 5 minutes, covered.
4. Stir in the tomato puree, chicken broth, cooked squash, and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

## NUTRIENT INFORMATION PER SERVING

**SERVING SIZE:** 1 cup

127 calories | 7 grams total fat | 1 gram saturated fat | 1 gram cholesterol | 4 grams dietary fiber | 251 milligrams sodium | 19 grams carbohydrates | 7 grams total sugars | 6 grams protein | 95 milligrams calcium | 3 grams iron | 735 milligrams potassium





# Butternut Apple Crisp

**NUMBER OF SERVINGS:** 6

## INGREDIENTS

**1 small** butternut squash (about 1 pound)  
**3 medium** tart apples [3diameter],  
 peeled and sliced  
**2 tablespoons** lemon juice  
**3/4 cup** packed brown sugar  
**1 tablespoon** corn starch  
**1 teaspoon** ground cinnamon  
**1/2 teaspoon** salt

## OAT TOPPING INGREDIENTS

**1/2 cup** all-purpose flour  
**1/2 cup** quick-cooking oats  
**1/4 cup** brown sugar, packed  
**6 tablespoons** cold butter or margarine

## DIRECTIONS

Heat oven to 375 degrees F.

1. Peel squash and cut in half lengthwise; discard seeds. Cut squash into thin slices.
2. In a large bowl, toss the squash, apples, and lemon juice.
3. In a separate bowl, combine the brown sugar, cornstarch, cinnamon, and salt; stir into squash mixture.
4. Lightly spray or oil 13 x 9 x 2 baking dish. Transfer squash mixture to baking dish. Cover and bake at 375 degrees for 20 minutes.
5. In a small bowl, combine the flour, oats, and brown sugar. Cut in butter until mixture resembles coarse crumbs.
6. Remove baking dish from oven and sprinkle topping over the squash mixture. Return the uncovered dish to the oven.
7. Bake 25 minutes longer or until squash and apples are tender, and topping is browned. Serve warm.
8. Refrigerate leftovers within 2 hours.

## NUTRIENT INFORMATION PER SERVING \* SERVING SIZE: 1/2 cup

330 calories | 9 grams total fat | 25 milligrams cholesterol | 230 milligrams sodium | 62 milligrams total carbohydrates | 4 grams dietary fiber | 38 milligrams sugars | 2 grams protein | 130% Vitamin A | 25% Vitamin C | 6% calcium | 8% iron



## References

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