

Butternut Squash

Butternut Squash is a winter squash variety that is harvested in Montana from September to November. This fruit has a sweet, nutty taste similar to pumpkin, that can be served as a sweet or savory dish. Butternut squash is high in vitamins and minerals and low in fat and calories.



Butternut and Sweet Potato Casserole:

Ingredients:

1 1/2 c. mashed butternut
squash
1 1/2 c. mashed sweet potato
1 c. sugar
2 eggs: beaten
1 tsp. vanilla
1/3 c. milk
Marshmallows to top

Instructions:

1. Boil potato and squash until tender
2. Mash potato, squash, sugar, eggs, vanilla, and milk.
3. Add to casserole dish and top with enough marshmallows to cover.
4. Cover dish and bake at 350 degrees F for 30 minutes. Remove cover for the last 10 min to allow browning.

Did you know.....?

- Butternut squash provides a substantial amount of folate, which is helpful in fighting against neural disorders in fetuses.
- A 1/2 cup serving provides half of your daily recommended intake of Vitamin C.
- Butternut squash keeps very well in a cool, dry, well ventilated place for up to three months.
- This winter variety produces more beta-carotene after storage than when squash is fresh from the vine.
- The butternut squash is the most recent in the squash variety, discovered in 1944.
- Butternut squash provides the most value, having a thin skin, and small cavity with fewer seeds and less waste.

Maple Glazed Butternut Squash

Ingredients:

1 butternut squash
1/4 c. maple syrup
3 Tbs. butter
1/8 c. crushed pecans

Instructions:

1. Preheat oven to 350 degrees F.
2. Peel squash with knife or peeler and clear seeds and strings, then cut into chunks.
3. Place into casserole dish.

Melt butter and maple syrup and pour over squash.

4. Bake uncovered for 45 min. Add pecans to the top for the last 10 min.

Butternut Squash Soup

Ingredients:

1 butternut squash
2 Tbs. butter
1 med. Onion, chopped
6 c. chicken stock
Nutmeg
Salt & Pepper

Instructions:

1. Cut squash into 1 inch chunks.
2. In large pot melt butter. Add onion and cook until translucent, about 8 min.
3. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 min.
4. Remove squash chunks and puree in a blender.
5. Return blended squash to pot. Stir and season with nutmeg, salt and pepper.

