

Winter Squash Wonder Pie



WINTER SQUASH WONDER PIE

LIVE WELL UTAH

Still have some winter squash from the garden in your cold storage? Make good use of it in this delicious winter squash wonder pie. The kids won't even realize they're eating a vegetable!

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Total preparation/baking time: 90 minutes (425 degrees F for 15 minutes, then 350 degrees F for 45 minutes)

Ingredients

- 3 cups banana squash*
- 1 cup sugar or baking sucralose
- 6 Tbsp. maple syrup
- 2 tsp. cinnamon
- 1 tsp. ginger
- $\frac{1}{2}$ tsp. nutmeg
- 1 $\frac{1}{2}$ tsp. salt
- 4 eggs, slightly beaten
- 2 (12 oz.) cans evaporated milk
- Directions

Preheat oven to 425 F.

Prepare squash by washing, cutting and removing seeds. Cut the flesh into large cubes. Place the squash into a pot, adding enough water to cover the cubes. Boil for about 20 minutes or until the squash is fork tender.

Measure the squash, scraping flesh from the shell and squeezing out extra moisture, and place it into a blender. Add the remaining ingredients with the evaporated milk going in last. (If both cans of evaporated milk won't fit, add one can, and blend until well mixed, move the mixture to a large bowl and mix in the last can of milk.)

Make your own crust, or purchase one from the store. To prevent spills in the oven, place your pie crusts on top of a cookie sheet lined with aluminum foil. The squash mixture is quite runny, so place the pie tins on the rack, and then pour the mixture into the tins. Carefully push the rack back into the oven. Bake at 425 degrees for 15 minutes, then reduce the heat to 350 degrees, baking for another 45 minutes. To check for doneness, pat the top of the pie with a butter knife. The pies are ready when the tops are mostly firm. Remove from the oven, letting them cool for about 10 minutes. Serve with whipped topping, and enjoy!

*One regular-sized banana squash will make anywhere from 4-6 pies. Premeasure the extra squash for future pies. It will keep for about 6 months.

This article was written by Marianne Clayburn, Duchesne County FCS Program Assistant

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