



Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

If Veterans don't help Veterans, who will?

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Squash and Molasses Pie

- 1 1 1/2-lb. squash (such as butternut, pumpkin or acorn), peeled, halved lengthwise, seeded, cut into 1-inch cubes
- 1 9-inch graham cracker crust, homemade or store-bought
- 2 Large eggs, lightly beaten
- 1/4 Cup molasses
- 1/2 Cup packed dark brown sugar
- 1/2 Cup reduced-fat (2%) milk
- 1/2 Tsp cinnamon
- 1/4 Tsp ground cloves
- 1/4 Tsp salt
- 1/4 Tsp freshly ground black pepper

- 1) Place squash in a steamer basket over 1 inch of boiling salted water in a large pan for 12 to 15 minutes, until tender. Puree in a food processor until smooth. Measure 1 1/2 cups puree for pie; cover and refrigerate any remainder for another use.
- 2) Prepare pie crust; press into 9-inch pie dish.
- 3) Preheat oven to 350° F. Line a rimmed baking sheet with foil. Place pie dish on baking sheet.
- 4) In a medium bowl, whisk together eggs, molasses, sugar, milk, cinnamon, cloves, salt and pepper until smooth. Whisk in squash puree until combined. Pour filling evenly into pie crust.
- 5) Bake pie until filling is set and slightly puffed in the center, 45 to 55 minutes. Let pie cool completely on a wire rack. Serve with whipped cream, if desired.

Makes 10 Servings

