

# Butternut Persimmon Pie

## Directions

1. Make **UC Davis Health Fall Spice Blend**: Mix 4 oz ground cinnamon; 1 oz ground ginger; 1 oz ground nutmeg; ¼ oz ground allspice; and ¼ oz ground cardamom
2. Cook butternut squash according to your preferred method. Cool and set aside.
3. To prepare filling, combine 1 ½ cups butternut squash, persimmon, 1 tsp UC Davis Health Fall Spice Blend, evaporated milk, brown sugar, granulated sugar, eggs, vanilla extract, and kosher salt. Use a blender or immersion blender to blend until smooth.
4. Pour filling into premade pie crust.
5. Bake at 375 °F for 75 minutes or until filling has set. Cool before serving.

Makes 1 pie

## Ingredients

- 1 small butternut squash
- 1 cup Fuyu persimmon, peeled & diced
- 1 tsp UC Davis Health Fall Spice Blend (see directions for recipe)
- 1 12-oz can evaporated milk
- ½ cup brown sugar, packed
- ½ cup granulated sugar
- 2 large eggs, whisked
- 1 tsp vanilla extract
- 1 pinch kosher salt
- 1 9-inch premade pie crust

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The butternut squash featured in the fall menu are sourced from Yeung Farms in West Sacramento, CA located less than 8 miles from the UC Davis Medical Center.



# Nutrition

Butternut squash is an excellent source of many nutrients including vitamins A and C; and minerals manganese and potassium. The Dietary Guidelines for Americans, 2020-2025 recommends a healthy dietary pattern that includes 2-4 cups a day of vegetables such as butternut squash for most adults.

## Farm to Hospital

Ray Yeung worked on his father's farm near Woodland, CA for decades before he started Yeung Farms Specialty Produce in West Sacramento in the 1990s. Besides winter squash, Yeung Farms is most well-known among Sacramento chefs for their heirloom tomatoes in the summer.

**For 1 cup cooked butternut squash:**

- Calories: 82
- Fiber: 7 g
- Carbohydrates: 22 g
- Vitamin A: 457% Daily Value
- Vitamin C: 52% Daily Value
- Manganese: 18% Daily Value
- Potassium: 16% Daily Value

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