

Cooking with Winter Squash

There are many varieties of winter squash – some sweet (delicata, butternut, acorn) and some... less sweet (buttercup, kuri, hubbard). Don't be afraid to buy a new type of squash, roast it, and test it out. You can always add a little maple syrup and butter to help it taste great! Here are a few recipes to get you started cooking with winter squashes (and to get your creative juices flowing).

We encourage you to play and be creative in the kitchen. **eat well. live well. be well.**

Jennifer & Erin

Roasted Squash with Sweet & Savory Greens

(from J. Purrenhage, www.getwellgrounded.com)

Ingredients:

- 1 medium Delicata Squash (or large acorn or butternut squash)
- 1 large bunch rainbow chard (or other greens, like kale)
- 3 cloves garlic, minced
- 1 small sweet onion, chopped
- 2 tsp 100% pure maple syrup
- 1 generous TBSP tamari sauce
- ~2 TBSP olive oil
- salt to taste

Making Your Squash with Greens:

(serves 3)

1. Preheat oven to 425 degrees
2. Prepare your squash — (1) wash squash well and cut in half lengthwise; (2) remove seeds, etc. from inside, and set aside seeds for toasting; and (3) cut squash into bite-size cubes (1/2 inch).
3. In a medium bowl, mix together squash, onion, and garlic. Coat with olive oil, but not too much, and salt lightly.
4. Move squash-onions-garlic mixture to a glass baking dish or cookie sheet and roast in oven for 30-35 minutes, or until squash is soft.
5. While squash is roasting, remove stalks from chard and slice stalks, as you would slice celery. In a large pan, sauté chard stalks in a tsp olive oil for 3-5 minutes on medium heat.
6. Add tamari and maple syrup to chard stalks and continue cooking another 2 minutes.
7. Add chopped/torn chard leaves to sautéed stalks, combine, and continue cooking until leaves are wilted (stirring occasionally).
8. Combine roasted squash with chard mixture in sauté pan.
9. Serve over brown rice (or quinoa) and garnish with toasted squash seeds, if you like.

Chocolate - Acorn Squash Dip

(from J. Purrenhage, www.getwellgrounded.com, and E. Allgood, www.allgoodeats.blogspot.com)

We used acorn squash for this recipe, but delicata (& probably butternut) squash would be a great substitute!

What You'll Need:

- ½ acorn squash (baked)
- ~1/2-2/3 ripe banana
- 1/3 cup plain greek yogurt
- 1/3 cup coconut milk (*optional*, but if you omit it, then double the yogurt)
- 2 TBSP raw cocoa powder
- ~4 TBSP maple syrup (to taste)
- 1 ½ - 2 tsp ground cinnamon
- ¼- ½ tsp ground nutmeg
- 1 tsp vanilla (*optional*)

- Angel food cake, lady fingers, or your favorite slightly sweet dipping cookie

Making Your Yummy Chocolatey Squash Dip:

1. Preheat oven to 375-400°. Cut squash in half, remove seeds, and place cut-side down in a roasting dish with ~1/2 inch water. Roast squash ~20-30 minutes, until tender. Remove from oven and cool slightly.
2. Scrape inside of squash from skin, leaving ~1/4 inch max of flesh with the skin if you'd like to serve your dip in the squash shell.
3. Add scraped squash and all other ingredients (except angel food cake / cookies ☺) to food processor. Blend until creamy. Coconut milk and banana add to the creamy texture, so you can add more of this to make your own adjustments. Transfer blended dip to a bowl.
4. Place squash "shell" and blended dip in refrigerator for at least 30 minutes to chill. Spoon dip into squash shell and serve.

Versatile Stuffed, Roasted Winter Squash

(from J. Purrenhage, www.getwellgrounded.com)

Vegetarians, Choose *tofu* over *sausage*. **Vegans**, You're all set with the *Veggie* option if you skip the *goat cheese* garnish. **Omnivores**, Get yourself some *sausage* from local, humanely raised animals. Enjoy.

Ingredients for Stuffed, Roasted Squash:

- 4 winter squash (2 delicata + 2 acorn to keep things interesting?)
- 1/2 cup (uncooked) quinoa — white, red, or a mixture (makes 1-1/2 cups cooked)
- 6 oz high-quality sausage or organic tofu
- 1 medium red shallot, chopped fine
- 2 cloves garlic, minced
- 1 small-med sweet yellow onion, chopped
- 2 cups (uncooked) mushrooms of any variety, chopped)
- 4 large kale fronds (~1/2 bunch), torn/chopped
- 1/4 cup fresh parsley, chopped
- ~3/4 cup organic black beans (or use a whole can of Eden black beans if you like)
- 1 med-large tomato, chopped (*optional, but adds great color*)
- 4 oz goat cheese, for garnish
- olive oil to sauté your veggies
- salt to taste

Making Your Amazing Stuffed Squash (Serves Eight):

1. **First things first: get your squash cleaned and roasting.** Preheat oven to 400 degrees. Clean outside skin of squashes well. Cut each squash in half lengthwise and clean out the centers — remove seeds, rinse and dry them, and set aside to toast them for your garnish. Place squash halves skin-side up in baking dishes with ~1/4-1/2 inch of water. Bake ~40 minutes until soft (a knife will easily slide through the skin).
2. **Prepping your main protein (sausage or tofu).** *For sausage*, crumble out of casing into a frying pan over med/med-high heat until browned. *For tofu*, cut the tofu into small cubes and either toss with olive oil and salt and bake for ~10-15 minutes at 350 degrees *or* cook in a frying pan until lightly browned (whichever your preference). Set aside your main protein for a bit later.
3. **Cook your quinoa.** 1/2 cup quinoa, 1 cup water, and dash of salt in a small saucepan. Bring to boil and immediately reduce heat to simmer. Simmer, covered, until the water is almost all gone (~15+ minutes, depending on your stove), then remove from heat and set aside (still covered) because the quinoa will continue cooking.
4. Meanwhile, **sautee garlic, shallot, and onion** in ~1 TBSP olive oil until onion is translucent.
5. Add **mushrooms** to onion mixture and continue cooking.

6. Once mushrooms have reduced, add **parsley and kale**. Continue cooking, stirring occasionally, until kale is wilted.
7. Add **tomato and black beans** and combine with veggie mixture.
8. **Add sausage or tofu & quinoa** and combine over heat to blend flavors. Your stuffing is now ready.
9. By now, your squash is probably ready as well. **Did you remember to toast your squash seeds** in the toaster oven (or reg oven) — salted, drizzled in olive oil, and toasted for ~40 minutes at 250-300 degrees? Take 'em out now — you don't want them to burn!
10. **Stuff the Squash.** Remove the squash from the oven. Pour off any remaining water from the baking dishes and flip over squash halves, so they are now skin-sides down. Add 1/2 cup of your stuffing mixture to each squash half.
11. **Return to oven** for ~4-5 minutes.
12. **Garnish** with toasted seeds & crumbled goat cheese (you can also add the goat cheese before returned stuffed squash to the oven, if you like).

Tomato-Squash Sauce with Pasta

(from E. Allgood, www.allgoodeats.blogspot.com)

Ingredients:

- Delicata Squash (or acorn)- 1 squash
- Shallots- 1 large or 2 small
- Organic Fire-Roasted Tomatoes- 28 oz can
- Olive oil
- Sea Salt- to taste
- Pepper- to taste
- Goat Cheese (for garnish)

Directions:

1. Roast squash at 400 degrees F until tender. Once done, scoop out the flesh of the squash and combine in a food processor with tomatoes and puree.
2. Meanwhile, saute shallots with olive oil until translucent. Pour squash-tomato mixture into pan with shallots and cook for about 10-15 minutes on medium heat.
3. Toss sauce with whole-wheat pasta and garnish with goat cheese.

Sweet and Spicy Braised Butternut Squash

(from E. Allgood, www.allgoodeats.blogspot.com)

You can do this recipe by either roasting the squash or braising it. I was short on time so I braised it instead of roasting it, which made it a little more soft. If you do roast the squash, make a slurry of honey and chicken stock (or veggie stock if you like) by popping the mixture into the microwave for about 15 seconds at a time to melt the honey. Maple syrup would also work in place of honey.

Ingredients:

- Butternut squash- 1 large
- Olive oil
- Chicken stock- 2 cups
- Honey- 2 tablespoons
- Walnuts- 1 handful, chopped
- Salt and pepper, to taste
- Cayenne pepper, to taste

Directions:

1. Peel and dice the butternut squash.
2. Add squash to a large pot or dutch oven with some olive oil.
3. Add in salt and pepper.
4. Let the mixture cook in the olive oil for a minute or two, then add in the chicken stock.
5. Cover and cook for about 15 minutes.
6. Remove a little bit of the stock at this point and uncover the dutch oven so that the mixture can condense a little.
7. Stir in the honey and add the cayenne pepper.
8. Let cook for another 15 minutes or so, until the squash is tender.
9. Once done cooking, add the chopped walnuts.

Butternut Squash – Tofu Stuffed Shells with Goat Cheese-Tomato Sauce

(from J. Purrenhage, www.getwellgrounded.com)

For a dairy-free option, use your favorite (homemade?) tomato sauce in place of goat-cheese-tomato sauce. For a gluten-free alternative, use rice pasta shells, as suggested below.

What You'll Need:

- 1 box pasta shells (I love Tinkyada brown rice pasta shells, for a lovely gluten-free alternative), cooked al dente

Filling Ingredients

- 1 pkg soft tofu
- 1 med-lg butternut squash, baked
- 1 sm apple
- 1 sm sweet onion
- 1-2 TBSP soft goat cheese (chevre)
- Juice from ½ lemon
- 1/8 tsp ground nutmeg

Sauce Ingredients

- 6-8 oz goat cheese
- ½ - 2/3 cup milk (or unsweetened almond milk), for desired consistency
- ¼ cup sundried tomatoes, diced small
- 1 tsp minced garlic
- 1-2 cups tomato sauce or crushed tomatoes

How to Make Your Stuffed Shells:

1. Preheat oven to 375-400°. Cut squash in half, lengthwise. Remove insides with seeds, and rinse the seeds so you can toast them later. Place squash halves (cut-side down) in roasting pan with ~1/2-inch water. Bake ~20-30 minutes, until tender. Remove from oven and cool slightly. Turn down oven heat to 350° (to bake stuffed shells).
2. Cook pasta shells (al dente), rinse, and set aside.
3. Scrape out squash from skins and add to food processor with all other filling ingredients. Pulse until combined.
4. Spoon filling into shells.
5. Combine all sauce ingredients in blender/processor, until blended and smooth.
6. Add a thin layer of sauce to the bottom of a lasagna dish. Place stuffed shells in dish, cover with the rest of the sauce, and bake for ~16-18 minutes.
7. Salt to taste and serve with sautéed leafy greens.

Kuri and Apple Sauté

(from E. Allgood, www.allgoodeats.blogspot.com, & J. Purrenhage, www.getwellgrounded.com)

Kuri squashes are beautiful, but they're one of the milder (less sweet) winter squashes. One day, we stumbled on this tasty approach to dress up one of the more plain (that's right, we said it!) squashes, but we encourage you to be creative and do your own kitchen experiments.

Kuri squash- 1 large, peeled & diced
Apples- 2 medium, peeled & diced
Onion-1 medium, diced
Garlic- 2 cloves, minced
Olive oil
Butter
Salt & Pepper

Heat olive oil and butter in a saucepan. Add in onions, squash, salt and pepper. Sautee for about 10 minutes and then add in garlic and onions. Continue to cook until squash is tender.

You can use serve this mixture with some whole-grain mustard or use this as a base for a stir-fry or curry dish.

Roasted Squash Seeds

Squash seeds (you saved these from your squash, right? 😊)
Olive oil
Salt (for savory seeds)
Sugar or Coconut Palm Sugar, or Honey (for sweet seeds)
Additional spices

Preheat oven to 350 degrees F. Toss with olive oil, salt (or sweetener) and whatever spices you like. Place seeds on a baking sheet in one layer to ensure even cooking.

Bake for 20-30 minutes or until seeds are lightly browned. Check seeds frequently to avoid burning.

Butternut "Fries"

Butternut squash- 1 large
Olive oil
Salt & Pepper

Preheat oven to 350 degrees F. Peel squash and cut into large chunks, like French fries. Toss with olive oil, salt, pepper. Place "fries" on a baking sheet in one layer to ensure even cooking.

Bake for 20-30 minutes (?) or until squash is tender.

Winter Squash and Chestnut Casserole

(from Terry Walters' **Clean Food**)

This is a great recipe borrowed from Terry Walters' wonderful seasonal eating cookbook. We've only tried it with butternut squash, but think that the nutty flavor and roasted chestnut texture of buttercup squash would work really well here too. Again, do your own experiments! What's the worst that could happen?

Ingredients:

- 1 sm butternut squash, peeled, halved, seeded, & cubed
- 2 cups cooked chestnuts
- 3 cups apple cider (or juice)
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- Pinch of ground cloves
- ½ cup toasted almonds (or walnuts – I used a mixture), coarsely chopped
- 3 TBSP brown rice syrup (I used ~2 TBSP maple syrup instead)
- ½ tsp vanilla extract

Directions (serves 6):

1. Place squash, chestnuts, apple cider and spices in a large pot.
2. Bring to a boil, cover, reduce heat and simmer 20-25 minutes until squash is soft.
3. Remove from heat and puree with a handheld blender until smooth.
4. Spoon into an 8x8-inch baking dish and sprinkle with chopped nuts.
5. Set oven to broil.
6. In a small pan over low heat, stir rice syrup to heat and thin (less time for maple syrup).
7. Remove from heat, stir in vanilla and drizzle over nut topping.
8. Place baking dish under broiler for 3 minutes, but keep a close eye to make sure it doesn't burn.
9. Remove from oven and serve warm.