



Superb Squash

October 2014

Butternut Squash Soup

Source: All Recipes

Makes: 4 servings | Prep Time: 25 minutes | Cook Time: 45 minutes

Ingredients

2 tablespoons butter
1 small onion, chopped
1 stalk celery, chopped
1 medium carrot, chopped
2 medium potatoes, cubed
1 medium butternut squash, peeled, seeded, and cubed
1 (32 fluid ounces) container low sodium chicken broth
Salt and pepper to taste

Directions

1. Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.
2. Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

Nutrition Information (per serving): Calories 260, Total Fat 6g, Saturated Fat 3.5g, Cholesterol 15 mg, Sodium 180mg, Total Carbohydrates 51g, Fiber 8g, Sugars 8g, Protein 7g

Greek Inspired Spaghetti Squash

Source: *All Recipes*

Makes: 6 servings | Prep Time: 15 minutes | Cook Time: 30 minutes

Ingredients

1 spaghetti squash
2 tablespoons canola oil
1 small onion, chopped
1 clove garlic, minced
1 1/2 cups chopped Roma tomatoes
3/4 cup crumbled feta cheese
3 tablespoon sliced black olives
2 tablespoons fresh basil, chopped

Directions

1. Pierce several holes in spaghetti squash with a fork. Place in microwave for 9 minutes. Turn over and cook for another 9 minutes in microwave. Carefully check done doneness. If still hard, continue to cook in 3 minute increments.
2. Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.
3. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil. Serve warm.

Nutritional Information (per serving): Calories 170, Total Fat 11g, Saturated Fat 3g, Cholesterol 17mg, Sodium 400mg, Total Carbohydrates 16g, Fiber 4g, Sugars 7g, Protein 4g

Wild-Rice Stuffed Squash

Everyday Food, November 2007

Makes: 4 servings | Total Time: 1 hour

Ingredients

2 acorn squashes (1 1/2 pounds each), halved lengthwise, seeds removed
2 tablespoons butter
1 shallot, minced
2 garlic cloves, minced
1/2 teaspoon dried rubbed sage
Coarse salt and ground pepper
1 box (6 ounces) wild-rice blend (seasoning packet discarded)
1/2 cup dried cherries
1/2 cup pecans, chopped

Directions

1. Preheat oven to 450 degrees. On a rimmed baking sheet, arrange squash cut side down; cover sheet tightly with aluminum foil. Roast until tender when pierced with the tip of a paring knife, about 40 minutes.
2. Meanwhile, in a large saucepan, heat butter over medium. Add shallot, garlic, and sage; season with salt and pepper. Cook, stirring occasionally, until tender, 3 to 5 minutes. Add rice and 1 3/4 cups water; bring to a boil, cover, and reduce heat to low. Cook until tender, without stirring, about 25 minutes.
3. Remove rice from heat, and stir in cherries and pecans; season stuffing with salt and pepper. Season the inside of each squash half with salt and pepper. Dividing evenly, mound stuffing into halves, and serve.