

## ***Acorn Squash Butter***

Kris L | [allrecipes.com](http://allrecipes.com)

3 acorn squash, halved and seeded

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

1 teaspoon ground ginger

1/2 teaspoon ground cloves

2 1/4 cups brown sugar

1 (12 fluid ounce) can frozen apple juice concentrate,  
thawed

Preheat an oven to 400 degrees F (200 degrees C). Fill two 9x13-inch baking dishes with 1-inch of water each. Place three acorn squash halves cut-side-down into each baking dish. Bake in the preheated oven until the squash is very tender and the skin begins to separate from the meat, about 1 hour. Remove, discard the water, and set aside until cool enough to handle. Scoop the acorn squash flesh from the skins and into a blender. Add the cinnamon, nutmeg, ginger, and cloves. Puree until thick and smooth. Scrape the squash into a heavy-bottom pot, and stir in the brown sugar and apple juice concentrate. Cook and stir over medium-low heat until thickened, 40 to 45 minutes. Cool completely before packing into freezer-safe containers. Store in the freezer up to 6 months.

## *Agave and Balsamic Glazed and Roasted Butternut Squash*

www.kalynskitchen.com

1 butternut squash, or other winter squash  
2 T Agave Nectar (preferably amber variety)  
2 T good quality balsamic vinegar  
ground black pepper and sea salt to taste

Cut top and bottom end from squash, then sit flat on cutting board and cut in half top to bottom. Use a sharp spoon to scrape out seeds, washing out the inside of the squash if needed. Cut squash into half-moon slices about 1 inch wide. (Any shape of slice will work, but they need to be close to the same thickness.)

Preheat oven or toaster oven to 400F. Spray roasting pan with non-stick spray or olive oil. I was using a toaster oven, so I used a 13" X 9" roasting pan.) Lay squash in single layer on roasting pan. Mix together agave nectar and balsamic vinegar and brush on top layer of squash. (Some will run down, which will coat the bottom as the squash roasts.)

Roast squash 15 minutes, then turn each piece. Brush second side lightly with the agave-balsamic mixture. (It will look glazed already and you may be tempted not to brush it, but do it so the glaze can run down and coat the other side.) Roast 15 minutes more, or until squash pierces easily with a fork and is lightly browned.

Grind black pepper and sea salt over squash and serve hot.

## *Apple-Filled Acorn Squash Rings with Curry Butter*

Bon Appétit | November 2001

- 6 tablespoons (3/4 stick) butter
- 1 large onion, chopped
- 1 1/2 tablespoons curry powder
- 2 Granny Smith apples, peeled, cored, diced
- 2/3 cup apple juice
- 1/2 cup dried currants
- 8 1-inch-thick unpeeled acorn squash rings

Melt 1 tablespoon butter in heavy large skillet over medium heat. Add onion and sauté until tender, about 12 minutes. Add 1 tablespoon curry powder; stir 1 minute. Add apples, apple juice, and currants. Sauté until liquid evaporates, about 6 minutes. Season filling to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)

Preheat oven to 350°F. Melt 5 tablespoons butter in small skillet over medium heat. Add 1/2 tablespoon curry powder; stir until fragrant, about 1 minute. Transfer curry butter to bowl. Brush 2 large rimmed baking sheets with some curry butter. Arrange squash in single layer on sheets. Sprinkle with salt and pepper. Scoop filling into center of rings. Drizzle remaining curry butter over squash and filling (mostly on squash). Cover with foil. Bake squash rings until squash is tender when pierced with skewer, about 40 minutes. Using spatula, transfer squash rings with filling to plates.

## ***Baked Sweet Dumpling Squash***

Mimi Brodeur | [blog.pennlive.com](http://blog.pennlive.com)

2 sweet dumpling squash

2 tablespoons unsalted butter

2 tablespoons brown sugar

Salt and pepper

Preheat oven to 375.

Cut the squash in half, remove the seeds and pulp. Place the squash cut side down on oiled baking pan and bake until tender, 35-40 minutes.

Remove from oven and carefully flip squash over so cut side is facing up. Sprinkle each squash half with salt and pepper and fill with 1 1/2 teaspoons each of butter and brown sugar. Return to oven and cook until butter and brown sugar have seeped into squash about 10 minutes. Serve hot.

## *Buttercup Squash Custard*

www.rachelraymag.com | October 2006

- 1 cup squash (about 2 pounds)
- 3 large eggs, plus 2 large egg yolks
- 1 cup heavy cream
- 4 teaspoons sugar
- 1/4 teaspoon freshly grated nutmeg

Pierce the squash all over with a fork and place on a damp paper towel in a shallow microwavable dish. Microwave on high until tender, about 15 minutes. Let the squash cool, then cut in half horizontally and, using a spoon, scoop out and discard the seeds and tough fibers. Scoop out the flesh and set aside.

Preheat the oven to 325 degrees . Combine the eggs, egg yolks and cream in a food processor or blender. Add the cooked squash, sugar and nutmeg and blend until smooth.

Butter four 8-ounce ovenproof mugs or ramekins and place them in a 9-by-12-inch baking pan. Fill the mugs with the custard, then carefully pour hot water into the pan to reach halfway up the sides of the mugs. Bake the custards until set, 30 to 40 minutes.

## *Butternut and Acorn Squash Soup*

Frank / An American Bounty

This is the soup we served Sunday for the CSA dinner. One type of squash can be used (we used all butternut) or you can replace all or part of the squash with pumpkin.

1 tablespoon unsalted butter  
1 onion, diced  
1 carrot, diced  
1 celery stalk, trimmed and diced  
1 clove garlic, peeled and minced  
1 teaspoon ground ginger  
3 to 4 cups chicken broth  
2 cups cubed butternut squash  
1 cup cubed acorn squash  
1/2 potato, peeled and sliced  
1/2 teaspoon salt, or to taste  
1/4 teaspoon freshly ground black pepper, or to taste  
1 teaspoon julienned orange zest

Heat the butter in a soup pot over medium heat. Add the onion, carrot, celery and garlic and saute, stirring frequently, until the onion is tender and translucent, 5 to 6 minutes. Add the ginger and saute for another minute. Add the squash and potato, then the broth. Bring to a full boil over medium heat, then reduce the heat to low and simmer until the squash are tender enough to pierce easily with a fork, about 20 minutes. Remove the soup from the heat and allow it to cool briefly. Puree the soup with a hand-held immersion blender, in a food processor or blender or by pushing it through a sieve or food mill.

Return the soup to the pot and bring to a simmer. Adjust the consistency, if necessary, by adding additional broth or water. Taste the soup, add salt, pepper and orange zest. Serve.

## ***Candied Kabocha Squash and Blue Cheese Pasta***

Katerina | [www.dailyunadventuresincooking.com](http://www.dailyunadventuresincooking.com)

2 cups peeled kabocha squash cut into 1cm cubes  
1 tablespoon oil  
1 tablespoon honey  
4 tablespoons butter  
1/2 onion, finely diced  
4 tablespoons flour  
4 cups milk  
1 bay leaf  
1/2 cup blue cheese, crumbled  
4 cups dry pasta of your choice, I used shells  
green onions, finely sliced for garnish  
chili oil, for garnish

To Candy the Squash (\*): Steam the squash until just cooked through and put on a tea towel to dry and cool slightly. Once cooled for about 10 minutes, heat a large skillet to medium heat and add oil and then honey. Stir the honey with a wooden spoon to distribute and then add the squash tossing a few times. Allow the squash to crisp up on one side and then toss again. Remove from the heat and reserve.

To Make the Sauce: Melt butter in a medium sauce pan over medium low heat. Sweat the onions in the butter until nice and soft. Add the flour and stir to combine with a wooden spoon or whisk. Cook, over medium low heat, stirring regularly for 3 minutes. Whisk in milk 1/2 cup at a time. Add bay leaf and bring to a simmer, stirring regularly cook for 10 minutes. Stir in blue cheese in a few batches. Taste, and add a big grind of fresh pepper and add salt if necessary.

Bringing it all Together: Cook the pasta in salted boiling water until al dente. Fold the sauce into the pasta and then fold in the squash. Pour into a baking dish and bake at 375F until just browning on the top – about 15 minutes. Serve hot, topped with green onions, drizzled with chili oil and serve extra on the side.

(\*) If you aren't feeling the fuss, just roast or steam the squash and toss it in. The texture and extra sweetness may be lost but it will still be delicious.

## ***Herbed Spaghetti Squash***

Recipe courtesy Emeril Lagasse

1 small spaghetti squash, about 2 1/4 pounds

2 1/2 tablespoons butter

2 1/2 tablespoons finely chopped mixed soft herbs, such as basil, chives, chervil, parsley and sage

1/2 teaspoon salt

1/8 teaspoon freshly ground black pepper

Preheat the oven to 375 degrees F. Using a sharp knife, cut the squash in half lengthwise and place, cut side down, in a baking dish. Add enough water to come 1/2-inch up the sides of the baking dish and cover with aluminum foil. Bake for 45 minutes, until the squash is easily pierced with a paring knife. Turn squash over and cover with foil again and continue to cook another 15 minutes, until the squash is very tender. Remove from the oven, uncover, and allow to cool slightly. Using a spoon, remove the seeds and discard. Using a fork, gently pull the strands of squash away from the peel and place the squash strands into a mixing bowl.

Heat a skillet. Add the butter, spaghetti squash, herbs, salt and pepper and toss thoroughly but gently to heat and combine. Serve immediately or cover and keep warm until ready to serve

## *Kabocha Squash Cake with Brown Sugar Cream*

Bon Appétit | September 2007

### Brown sugar cream:

- 1 tablespoon water
- 1/2 teaspoon unflavored gelatin
- 2 cups heavy whipping cream
- 1/3 cup (packed) golden brown sugar
- 3 large egg whites

### Cakes:

- 2 cups 3/4-inch cubes peeled seeded kabocha squash (from one 3-pound squash)
- 1 cup whole milk
- 1 vanilla bean, split lengthwise
- Nonstick vegetable oil spray
- 2/3 cup (packed) golden brown sugar
- 6 tablespoons olive oil
- 1/4 cup lager (mild-flavored beer)
- 1 large egg
- 3/4 cup all purpose flour
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt

### For brown sugar cream:

Place 1 tablespoon water in cup. Sprinkle gelatin over. Let stand 10 minutes to soften. Stir cream and sugar in medium saucepan over medium heat until sugar dissolves. Add egg whites and whisk until mixture thickens, about 12 minutes (do not boil). Add gelatin mixture; whisk until dissolved. Strain into large clean bowl. Chill until cold. Cover and chill overnight.

### For cakes:

Combine squash and milk in heavy small saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer over medium heat. Partially cover, reduce heat to medium-low, and simmer until squash is very tender, about 20 minutes. Remove vanilla bean. Drain squash. Place in processor and blend until smooth. DO AHEAD: Can be made 1 day ahead. Cover and chill.

Preheat oven to 375°F. Spray six 3/4cup ramekins with nonstick spray. Place 1/2 cup squash puree in large bowl (reserve remaining puree for another use). Add sugar, oil, beer, and egg to puree and beat to blend. Sift flour, cinnamon, baking soda, and salt over; beat to blend. Divide batter among prepared ramekins.

Bake cakes until tester inserted into center comes out clean, about 18 minutes. Cool cakes in ramekins. Turn out onto plates. Beat brown sugar cream to firm peaks; spoon alongside cakes.

## *Pumpkin Cheesecake Crumble Squares*

www.epicurious.com

### Crust:

1 cup all purpose flour  
3/4 cup (packed) golden brown sugar  
1/2 teaspoon salt  
1/2 cup (1 stick) chilled unsalted butter, diced  
1 cup pecan halves (about 4 ounces)  
3/4 cup old-fashioned oats

### Filling:

1 (8-ounce) package cream cheese, room temperature  
3/4 cup canned pure pumpkin  
1/2 cup sugar  
1 large egg  
1 1/2 teaspoons ground cinnamon  
1 teaspoon ground ginger

### Topping:

1 cup sour cream  
2 tablespoons sugar  
1/4 teaspoon vanilla extract

For crust: Preheat oven to 350°F. Generously butter 9x9x2-inch metal baking pan. Line rimmed baking sheet with parchment. Using on/off turns, blend first 4 ingredients in processor until coarse meal forms. Add pecans; using on/off turns, process until nuts are chopped. Add oats; process using on/off turns until mixture is moistened but not clumping. Press 3 1/2 cups crumbs onto bottom of prepared square pan (do not clean processor). Transfer remaining crumbs to lined baking sheet. Bake crumbs on sheet until golden, stirring once, about 12 minutes. Cool crumbs. Bake crust until golden, about 30 minutes. Remove from oven while preparing filling. Maintain oven temperature.

For filling: Blend all ingredients in same processor until smooth. Spread filling over warm crust; bake until set, dry in center, and beginning to rise at edges, about 20 minutes. Maintain oven temperature.

### For topping:

Mix all ingredients in small bowl. Spread evenly over hot filling. Bake until topping sets and bubbles at edges, about 5 minutes. Cool completely in pan on rack. Sprinkle crumbs over topping; gently press into topping. Cover; chill until cold, about 2 hours. Do ahead Can be made 2 days ahead. Keep chilled. Cut into squares.

# ***Pumpkin Cheesecake***

www.pickyourrown.com

2 cups of fresh cooked pumpkin OR 1 can of commercial canned pumpkin (about 12 ounces)  
3 packages (8 ounces each) of cream cheese, at room temperature (I used the fat free cream cheese and it tasted GREAT, even my junk-food junkie friends raved about it)  
2 cup sugar (or 2 cups Splenda; or 1 cup of each)  
1 teaspoon vanilla extract  
7 eggs  
A graham cracker pie crust in a 10 inch diameter, 3 inch deep springform cheesecake pan or in two 9-inch deep-dish pie plates, unbaked  
dash salt  
2 teaspoon ground cinnamon\*  
1/2 teaspoon ground ginger\*  
1/2 teaspoon ground nutmeg\* (or substitute 3 teaspoons of pumpkin pie spice for these spices)  
2 cups evaporated milk (I use fat-free)

Preheat oven to 350 F (175 C).

Make a graham cracker crust in one springform cheesecake pan (10 inch diameter, 3 inches deep) OR in two 9 inch deep pie dishes (see this page for instructions - or use a purchased deep dish graham cracker crust). Cream Cheese Layer: In a mixing bowl, combine the 3 packages of cream cheese, 1 cup of sugar, and 1 teaspoon of vanilla extract - mix well! Beat in 4 eggs; (either beat them separately, or directly with the other ingredients) Pour the mixture in the pie crust. Pumpkin Layer: In a large bowl, mix the pumpkin, 1 cup of sugar, a dash of salt, 1 teaspoon ground cinnamon, 1/4 teaspoon ground ginger and 1/2 teaspoon ground nutmeg (or, instead of these spices, separately; just 3 teaspoons of pumpkin pie spice). Light beat 3 eggs and blend them in. Mix in the 2 cups of evaporated milk. Pour the pumpkin mixture over cream cheese layer that is already in the pie crust. Neither stir it in, nor worry about floating it on top. Just gently pour it in.

Bake the pumpkin pie in the oven at 350° for about an 70 minutes; possibly another 10 minutes (until it has firmed up). The cream cheese layer will bubble up to the surface some; that's fine; it gives it the characteristic appearance. Cool the pumpkin pie and refrigerate it! It won't really firm up unless you refrigerate it (it IS a cheesecake!)

## *Pumpkin Cookies*

Tina Todosciuk

These are the cookies that we served Sunday at the CSA dinner.

2 eggs

2 cups sugar

1 cup oil

2 teaspoons vanilla

2 cups pumpkin

4 cups flour

2 teaspoon soda

teaspoon cinnamon

1/2 teaspoon salt

Optional: 2 cups walnuts, chocolate chips, raisins, or whatever you'd like)

Mix eggs and sugar together, then add oil, vanilla and pumpkin. Mix thoroughly. Stir together dry ingredients, then add to pumpkin mixture. Drop on greased cookie sheet. Bake at 350 for 15 minutes or until light brown. These are great plain or topped with frosting.

# Pumpkin Squares

1 1/2 cup granulated sugar  
4 teaspoon ground cinnamon  
1 teaspoon salt  
2 teaspoon ground ginger  
1 teaspoon ground cloves  
4 large eggs  
2 cans (15 oz.) pumpkin or 4 cups fresh pumpkin  
2 cans (12 fl. oz.) evaporated milk

Pie Crust for 2 pies

9 x 13 pan

NOTE: if you are using fresh pumpkin, doubling the spices is recommended.

Mix sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.

Roll out pie crust in rectangle and place in 9 x 13 pan - if you piece it in be sure to seal the edges tightly. Make sure that crust goes up the sides of pan. Pour pumpkin into pan without going over the top edge of crust.

Bake in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

## ***Risotto with Butternut Squash, Leeks, and Basil***

Bon Appétit | December 2010 | Bon Appétit Test Kitchen

- 3 tablespoons olive oil, divided
- 4 cups 1/2-inch cubes peeled butternut squash
- 3 cups 1/2-inch-wide slices leeks
- 1 tablespoon chopped fresh thyme
- 2 cups arborio rice
- 4 14-ounce cans (or more) vegetable broth
- 1 cup chopped fresh basil
- 3/4 cup freshly grated Parmesan cheese plus additional

Heat 2 tablespoons oil in heavy large pot over medium-high heat. Add squash and sauté until beginning to soften and brown around edges, about 5 minutes. Transfer squash to medium bowl.

Reduce heat to medium; add remaining 1 tablespoon oil, leeks, and thyme to same pot and stir until tender but not brown, about 5 minutes. Add rice and stir 1 minute. Add 1 cup broth and simmer until absorbed, stirring frequently, 3 to 4 minutes. Add remaining broth by 1/2 cupfuls, allowing each addition to be absorbed before adding next, stirring often, about 15 minutes. Return squash to pot. Continue to cook until rice is just tender but still very creamy, stirring gently and often, about 10 minutes longer (about 25 minutes total cooking time). Remove from heat. Stir in basil and 3/4 cup freshly grated Parmesan cheese. Season to taste with salt and pepper. Transfer to large bowl and serve with additional Parmesan cheese.

## ***Roasted Kabocha Squash with Greens***

adapted from Clean Food | [www.cooklocal.com](http://www.cooklocal.com)

1 small kabocha squash  
2 shallots, minced  
1 tsp oil or butter (note: this is for caramelization and I prefer butter, but this = NOT vegan)  
3 Tbsp balsamic vinegar  
3 Tbsp grapeseed oil  
1 tsp salt  
2 cloves of garlic, minced  
1 large bunch of greens (kale, collard, swiss chard spinach, etc) chopped

Preheat the oven to 425. Cut the Kabocha squash in half and scoop out the seeds. You can reserve the seeds and roast them. Cut the squash into chunks, leaving the skin on. Mix the squash with the balsamic vinegar, oil, and salt.

Roast the squash for 30 minutes, stirring occasionally. Meanwhile, sauté the shallots in the butter/lard/oil over low heat, stirring regularly. Your goal is to caramelize the shallots and get them slightly crispy. Remove the shallots with a slotted spoon and drain on a paper towel. Remove the squash from the oven when tender and set aside.

In a large pan over medium heat, sauté the garlic for 2 minutes, or until very fragrant. Add the greens in small batches, stirring constantly, until the greens have started to wilt and turn bright green.

Add squash to the greens, mix, and serve, topped with the caramelized shallots.

Notes: This is a beautiful dish. The original recipe called for the shallots to be mixed in with the squash when roasting, but I completely forgot to mix them in. So I adapted the recipe to caramelize the shallots, thus making the recipe not vegan (since I caramelize in a mixture of butter and oil). However, I am sure that the flavor would be excellent the way the recipe was written as well. Plus, I like crunchy things topping my food. You can certainly caramelize shallots in oil to preserve the vegan-ness of the dish.

You can eat the skin of kabocha squashes. In fact, a lot of the nutrients are in the skin. So don't be afraid to leave the skin on. If you chose a green kabocha squash, you'll have even more green brilliance in this dish. The original recipe was all kale, but I had some collard greens on hand that needed to be used up, so I mixed half and half. The kale is a brighter green and I think it gives a slightly better texture than the collards. You could even add spinach or turnip greens or swiss chard to this dish as well. You don't want to cook the greens too much. Just cook them long enough for them to wilt nicely and reduce in volume by about 1/3 to 1/2.

## *Roasted Squash Pie*

leitesculinaria.com | Ted Allen

1/2 package (1 pound) frozen filo dough  
One 2 1/2-pound winter squash  
2 medium red onions, sliced through the equator, 1/2 inch thick  
1 red bell pepper, halved, stemmed, and seeded  
2 teaspoons kosher salt  
5 tablespoons extra-virgin olive oil, plus 1/3 cup for brushing the filo, or as needed  
1 tablespoon finely chopped ginger (about 1 inch, peeled)  
1 teaspoon ground cumin  
1/4 teaspoon round cinnamon  
1/4 cup coarsely chopped fresh cilantro  
1/4 teaspoon freshly ground black pepper  
1/3 cup raisins  
1/4 cup walnut pieces  
2 medium garlic cloves, chopped  
One 16-ounce bag spinach, large stems removed

Preheat the oven to 425°F (220°C). Remove the filo from the freezer and thaw at room temperature for 1 hour.

Trim off both ends of the squash. Cut it in half crosswise, where the neck joins the rounded body. Working with the neck end, peel off the tough skin with a vegetable peeler (or stand it on end and cut off the skin with a large knife). Cut into 3-inch chunks. Cut the rounded end in half, scoop out and discard the seeds. Peel with a vegetable peeler or a knife and cut into 3-inch chunks.

Put the squash chunks, onion slices, and red pepper halves on a baking sheet so that the vegetables are in a single layer. Sprinkle with 1 teaspoon of the salt and 3 tablespoons of the oil. Toss to coat the vegetables with the oil. Roast for 30 minutes, turning the vegetables once with a spatula. Remove the pepper halves and turn everything again. Roast for 10 more minutes, or until the vegetables are tender and lightly browned. Dump the squash into a large bowl. Quarter the onion slices and cut the pepper into 1-inch cubes; dump them both into the bowl. Sprinkle the vegetables with the ginger, cumin, cinnamon, cilantro, 1/2 teaspoon salt, and the pepper. Add the raisins and toss gently; set aside.

Turn the oven temperature down to 375°F (190°C). Put the walnuts on a baking sheet and toast in the oven, shaking the pan twice for even cooking, until lightly browned, 5 to 7 minutes. Remove from the oven and chop; dump them into the bowl with the vegetables and stir gently.

Heat the remaining 2 tablespoons olive oil with the garlic in a large frying pan over a medium flame. Cook, stirring occasionally, for 2 minutes to flavor the oil. Add about one third of the spinach

and cook, turning it in the oil with tongs until wilted, about 1 minute. Add more spinach and cook, turning as before, and then add the remaining spinach. Sprinkle with the remaining 1/2 teaspoon salt and cook until all the spinach is wilted, 2 to 3 minutes total.

To assemble the pie, have ready a 9-X-13-inch baking dish and a pastry brush. Pour 1/3 cup olive oil into a small bowl. Set that on a work area with the filo and the vegetables. Open the package of thawed filo and unroll the pastry sheets so that they lie flat. Brush the baking dish with olive oil. Arrange the dish so that one long side faces you. Starting at the left edge of the dish, lay one sheet of filo in the dish crosswise so that it covers about half of the bottom, and half of the sheet hangs over the side facing you. Brush the part that covers the bottom with olive oil. Now lay a second sheet along the right-hand side of the dish, overlapping the first sheet in the middle of the dish and overhanging the side facing you. Brush with olive oil. Repeat with two more sheets, but this time, arrange them in the dish so that they overhang the other long side of the dish (at the top). Continue in the same way until you've used fourteen sheets of filo. As you're working, you'll come across some sheets of pastry that stick together and rip. Discard them if you need to — you have more sheets than you need.

Line the bottom of the dish with about half of the spinach, using your hands to open up the leaves and spread them out. Spoon the squash mixture on top and gently flatten with the spoon. Cover with the rest of the spinach. Still working with one long side of the dish facing you, fold one of the filo sheets over the filling and brush with oil. Fold the sheet next to it over and brush with oil. Do the same for the two sheets on the opposing side of the dish. Continue in this way until all of the filo is folded over the filling.

Then cover with two more sheets of filo, brushing each with more oil. (You may run out of oil. That's fine, just pour more into the dish.)

Put the baking dish in the oven and bake until the pastry is golden brown, 30 to 35 minutes. Let stand for 15 minutes before serving, or let cool to room temperature.

## ***Southwestern Spaghetti Squash***

RR | allrecipes.com

1 spaghetti squash, halved and seeded  
1 tablespoon olive oil  
1 (15 ounce) can black beans, rinsed and drained  
2 tomatoes, chopped  
1 green bell pepper, chopped  
1 clove garlic, minced  
1 tablespoon olive oil  
1 tablespoon red wine vinegar  
1/4 cup chopped fresh cilantro  
salt and pepper to taste

Preheat an oven to 425 degrees F. Place squash halves in a shallow baking pan with about 1 inch of water.

Bake squash in the preheated oven until soft, about 1 hour.

Scrape flesh of squash from the rind using a fork and place in a large serving bowl.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Cook and stir the black beans, tomatoes, bell pepper, and garlic in the hot oil until the vegetables are soft and the liquid has reduced, about 10 minutes; pour into the bowl with the squash; toss to combine. Add 1 tablespoon olive oil, the vinegar, and cilantro and toss again. Season with salt and pepper to serve.

## *Spaghetti Squash Frittata*

FabFood | [www.fabulousfoods.com](http://www.fabulousfoods.com)

Frittatas are the perfect thing for a quick breakfast, lunch or even light supper. They're even good cold, so you can pack them for a picnic or a brown bag lunch.

1 cup spaghetti squash, cooked by your favorite method and separated into strands (follow link for instructions)

4 eggs, lightly beaten

2 tablespoons chopped Italian parsley

3 tablespoons grated Parmesan cheese

1 cup finely chopped red onion

3-4 garlic cloves, minced

1/2 teaspoons salt

1/2 teaspoons pepper

1/8 teaspoons cayenne

1 tablespoon butter

Preheat broiler. Combine all ingredients in a large mixing bowl. Melt butter in a large skillet. Pour mixture into the skillet and cook over low heat for about 12-15 minutes. Transfer to broiler for 2 to 3 minutes or until top is browned.

## ***Sweet and Spicy Roasted Kabocha Squash***

Maki | [www.justhungry.com](http://www.justhungry.com)

Maki: I hesitated to put this recipe up, because it's not the prettiest thing in the world. But it's so tasty, dead easy to make, and of this season - so, here it is. You do need to use kabocha-type squash for this ideally, though butternut should work too. You will need a dense, starchy and sweet squash. Don't use regular pumpkin, which is too watery and lacks sweetness.

1/2 small to medium sized kabocha squash

3 Tbs light brown, natural cane, or muscovado sugar, plus a bit more for sprinkling

1/2 tsp ground cayenne pepper or hot chili powder,

more or less to taste

1/2 tsp ground cumin

1/4 tsp ground cinnamon

1/4 tsp ground nutmeg

1/4 tsp salt

1 Tbs soy sauce

Oil for drizzling - pumpkin seed oil is preferred, or use toasted sesame oil, argan oil, or walnut oil

Preheat the oven to 200°C / 400°F. Line a baking sheet or two with silicon baking liner or parchment paper. De-seed and cut the squash into slices about 1/2 cm or 1/4 inch thick. (Use a sturdy knife for cutting squash or pumpkin, on a stable surface, and be careful!)

Combine all the dry ingredients. Toss the squash slices in this until coated thoroughly. Add the soy sauce and toss well again. Spread the slices in a single layer on the baking sheet. Drizzle over them with the oil, and optionally sprinkle more sugar on them. Bake in the preheated oven for 15 minutes, then turn over, drizzle with more oil and sprinkle more sugar, and bake for an additional 10-15 minutes. Serve hot or at room temperature.

Notes: Toasted pumpkin seed oil (Kürbiskernöl) is a mainly Austrian speciality, though they make it here in Switzerland too. It's very nutty and dark, and is terrific in dressings and marinades. Toasted sesame seed oil or walnut oil can be substituted, or even expensive argan oil. Instead of cinnamon, nutmeg and cumin, you can use a 'pumpkin pie seasoning' mix (or if you are in the Germanic parts of the world, a Lebkuchen mix would do too.)

## *Sweet Dumpling Squash Soup*

www.threekitcheneers.com

- 1 Sweet Dumpling Squash peeled/ chopped
- 1 onion diced
- 8 carrots peeled/ chopped
- 8 celery sticks chopped
- 1 lemon (zest half/ juice whole lemon)
- 2 tbsp Extra Virgin Olive Oil
- 2 tbsp Sea Salt
- Pepper to taste
- 2 32oz Organic Unsalted Chicken/Veggie Broth OR your own broth

Coat the bottom of your Dutch oven/ soup pot with Extra Virgin Olive Oil and let heat. Once the oil is hot sauté your onions til tender. Add your zest and lemon juice. Stir and let that simmer for about 2-4 minutes. Add your carrots, celery, squash, salt and pepper. Sauté for about 3-5 minutes. Add broth. Let boil for another 3-5 minutes, then lower heat to simmer for about 30-45 minutes.

To puree, let the soup cool a bit (this is so your lid doesn't pop off from the heat), add small portions in your food processor or blender. Serve.

This soup can be served a few different ways:

1. puree
2. leave broth(y) and add your favorite rice or pasta to it for a more stew type
3. puree half of the broth and leave the other half chunky

No matter what way you decide to serve this bowl of goodness...your tummy will thank you for it! IT'S NATURALLY GLUTEN FREE TOO!

## ***Sweet Dumpling Squash Stuffed with Lemon-Herb Rice***

Susanv | [blog.fatfreevegan.com](http://blog.fatfreevegan.com)

Note: If you want to make the rice look more lemony, add a little turmeric with the lemon juice.

3 Sweet Dumpling or other small winter squash  
1 onion, chopped  
3 cloves garlic, minced  
3 cups cooked brown rice  
1/4 cup water  
juice of 1/2 large lemon (such as Meyer)  
1/2 teaspoon lemon zest  
1 tablespoon soy sauce  
1/8 cup minced fresh parsley  
1/8 cup minced fresh sage  
1 teaspoon minced fresh rosemary  
1/2 teaspoon dried thyme (or 1 tablespoon fresh, minced)  
2 tablespoons pine nuts, lightly toasted  
salt and pepper

Preheat oven to 400F. Cut the squash in half and remove seeds and strings. Sprinkle with salt and pepper and place face-down on an oiled baking sheet (I used a silicone sheet liner). Bake for 30 minutes, or until tender. (Different types of squash will take different lengths of time. Test by piercing with a fork in thickest areas.) Remove from oven but keep oven turned on.

While the squash are cooking, prepare the lemon-herbed rice. Spray a non-stick pan with olive oil, heat, and sauté the onion until it begins to brown, about 5 minutes. Add the garlic and cook for another minute. Add the rice, 1/4 cup water, lemon juice and zest, soy sauce, and herbs. Stir well, cover, and cook on low heat just until warm. Add the toasted pine nuts and salt and freshly ground black pepper to taste.

Stuff the rice into the cavities of the squash. Place them upright in a baking dish and drizzle about a teaspoon of water over each. Cover tightly with aluminum foil and bake for about 20 minutes, until hot throughout. Serve warm, garnished with additional fresh herbs, if desired.

## *Thai Red Curry with Kabocha Squash*

Lisa Lavery | [www.chow.com](http://www.chow.com)

1 tablespoon vegetable oil  
1 medium yellow onion, medium dice  
1 1/2 teaspoons kosher salt, plus more for seasoning  
2 medium green bell peppers, seeds and ribs removed and cut into 1/4-inch strips  
4 medium garlic cloves, finely chopped  
1 tablespoon peeled and finely chopped fresh ginger (from about a 1-1/2-inch piece)  
3 tablespoons Thai red curry paste  
1 (13- to 14-ounce) can unsweetened regular coconut milk  
1/2 cup water  
1 tablespoon soy sauce  
1 medium kabocha squash (about 2 1/2 pounds), peeled, seeded, and cut into 1-inch cubes  
2 teaspoons freshly squeezed lime juice  
1/4 cup coarsely chopped fresh cilantro  
Steamed white rice or steamed brown rice for serving

Heat the oil in a large frying pan over medium heat until shimmering. Add the onion and 1 teaspoon of the salt and cook, stirring occasionally, until the onion has softened, about 6 minutes. Add the peppers, garlic, and ginger, stir to combine, and cook until fragrant, about 1 minute.

Add the curry paste, stir to coat the onion-pepper mixture, and cook until fragrant, about 1 minute. Add the coconut milk, water, soy sauce, and remaining 1/2 teaspoon of salt, stir to combine, and bring to a simmer.

Stir in the squash, return to a simmer, reduce the heat to medium low, and continue to simmer, stirring occasionally, until the squash is fork-tender but still firm, about 20 to 25 minutes. Remove the pan from the heat and stir in the lime juice. Taste and season with salt as needed.

Sprinkle with the cilantro and serve immediately over steamed rice.

## Winter Squash and Apple Soup

www.myhalalkitchen.com

- 1 winter squash, cut in quarters, drizzled with olive oil
- 1 tablespoon butter
- 1/2 tablespoon olive oil
- 1/4 cup yellow onion, diced
- 2 small Gala apples, peeled, seeded and cored, then diced (if you will be doing this ahead of time, squeeze a whole lemon over the apples and toss with the juice in order to prevent browning)
- 1 teaspoon French tarragon
- 1/2 teaspoon ground cumin
- salt and pepper, to taste
- 2- 1/2 cups water or vegetable stock

Cut the squash in half and remove the seeds (save the seeds for the Roasted Squash Seeds recipe). Using a large tamale pot or steamer basket, steam each piece, flesh side up, until soft. Alternatively, roast the squash until soft and brown, approx. 30 minutes or until soft when pierced with a fork. After the squash is done roasting, allow to cool. Remove the skin and roughly chop into small pieces. In a deep medium-size saucepan or dutch oven, melt butter until it froths then add olive oil. Saute onions until translucent. Add cut squash and saute for 2-3 minutes. Add diced apples and saute another 2-3 minutes. Add all seasonings to cooking mixture. Add water or broth and bring to a boil. Reduce heat to medium-low and cook another 10-15 minutes or until all ingredients have softened. Using an immersion blender, blend ingredients right in the pot until it is fairly smooth. If you do not have an immersion blender, turn off the heat and allow the mixture to cool. Then, add 1-2 cups of mixture at a time to a regular blender and blend until smooth. Serve while hot with a pat of butter on top.