

Seasonal Recipes for Fall

Cooking with Apples, Pumpkins and Squash



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Apples

Although we Americans are spoiled by our year round produce, apples are traditionally associated with autumn. Even if you've never experienced the thrill of driving out to an apple orchard and filling bushel after bushel with fresh-picked apples, you can understand how apple pie just tastes better in the fall. There are literally over a dozen fall apples that are ripe for the pickin' every fall and the varieties can get confusing.

French Cranberry Apple Cake

Unlike many French pastries, this cake uses oil instead of butter, so it's not quite as light and fluffy but it's better for you.

Ingredients

2 C. sugar
3 eggs
3 1/2 C. flour
1 tsp. vanilla
1 1/2 C. oil
1 C. pecans
2 C. diced apples
1 C. chopped cranberries

Directions

Mix together the sugar, eggs, flour, vanilla, and oil. Add the pecans, apples, and cranberries. Mix well. Start baking in a cold oven at 350 degrees for 30 minutes, then reduce heat to 300 degrees and bake for 1 1/2 hours longer.

My Recipe Notes:

Topsy-Turvy Apple Pie

Flipped upside-down, this delicious apple pie looks beautiful.

Ingredients

1/4 C. margarine, softened
1 Tbs. lemon juice
1/2 C. pecan halves
1 Tbs. flour
1/2 C. brown sugar
1/2 C. granulated sugar
2 9-inch unbaked pie crusts
1/2 tsp. cinnamon
6 C. peeled/sliced apples
1/2 tsp. nutmeg

Directions

Heat oven to 400 degrees. Spread softened margarine evenly over bottom and sides of a 9-inch pie plate. Press pecans, rounded side down into margarine. Pat brown sugar evenly over pecans and gently place one pie crust over sugar.

In a bowl, combine apples with lemon juice, flour, sugar, cinnamon and nutmeg. Spread evenly over pie crust. Place second pie crust on top and flute edges. Prick surface with a fork.

Bake at 400 degrees for 50 minutes. Cool 2 minutes and invert onto serving plate, removing pie plate.

Yield: 6-8 servings

Tip: Place a cookie sheet under pie during baking to catch any drips or spills.

My Recipe Notes:

Apple Pecan Pancakes with Apple Spice Syrup

These autumn pancakes are a welcome switch from toast and cereal. Chunks of pecans and apples fill the cinnamon-flavored batter topped with a homemade spiced syrup.

Ingredients

1 C. all-purpose flour
2 Tbs. brown sugar
2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. ground cinnamon
3/4 C. plus 2 Tbs. milk
2 eggs, separated, whites stiffly beaten
1 tsp. vanilla extract
1/2 C. peeled and finely chopped apple
1/2 C. finely chopped pecans

Apple Spice Syrup:

1/4 C. packed brown sugar
2 Tbs. cornstarch
1/4 tsp. ground allspice
1/4 tsp. ground cinnamon
1/4 tsp. ground nutmeg
2 C. apple juice or cider

Directions

Combine the flour, brown sugar, baking powder, salt, and cinnamon in a mixing bowl. Stir in the milk, egg yolks, and vanilla. Fold in the apple, pecans, and beaten egg whites. Using a 1/4 C. measure, drop onto a hot, lightly greased griddle or skillet. Turn when bubbles form on the surface and the edges are golden brown. Serve with apple spice syrup.

To make syrup, combine the brown sugar, cornstarch, and spices in a saucepan and mix well. Add the juice and stir over moderate heat until the syrup boils and is slightly thickened. Cool slightly before serving. Makes 2 cups.

Yield: 12 pancakes

My Recipe Notes:

Apple, Avocado and Hearts of Palm Salad

A nice, refreshing and original salad that goes well with roasted or grilled chicken or beef brisket.

Ingredients

- 1 C. mayonnaise
- 1/4 C. ketchup
- 1 Tbs. white sugar
- 1 lemon, juiced
- 1/4 tsp. paprika
- 1 pinch ground black pepper
- 2 Tbs. chopped fresh chives
- 3 C. mixed salad greens
- 1 avocado, pitted, peeled, and cubed
- 2 Granny Smith apples, peeled, cored and sliced thin
- 1/2 C. coarsely chopped walnuts
- 1 C. sliced hearts of palm

Directions

In a small bowl, whisk the mayonnaise, ketchup, sugar, lemon juice, paprika, and pepper together. Stir in the chives and set aside. Arrange the watercress on individual serving plates. Place apple, avocado, hearts of palm on top. Sprinkle with walnuts and drizzle with dressing. Evenly sprinkle dressing over salad and serve.

Yield: 6 servings

My Recipe Notes:

Pumpkins

Although pumpkins are technically considered squash (part of the Curcubita family, which includes squash and cumpers), we felt they deserved their own category. Although most people associate pumpkins with Halloween, the fact is that as soon as they're ripe you can incorporate them into your cooking.

Sugar Pumpkins

Also known as a "pie pumpkin" this is the one to pick if you plan on baking or cooking. It has a sweeter taste than most other varieties and a smooth texture. Perfect for pies, stews and other cooking needs.

Jack O'Lanterns

Your classic carving pumpkin, this variety is probably what you'll pick out come Halloween time. Although you'll most likely want to discard the pulp and toast the seeds, a small or mid-sized Jack O'Lantern may be used in cooking (but you won't get the same sweet taste as sugar pumpkins). Beware of larger pumpkins as the pulp gets stringier and has a coarser texture.

Miniatures

Most people don't even realize that these little pumpkins, usually used as decoration, are edible. There isn't a whole lot of "meat" in them and many people scoop out the insides and use them as bowls to hold other fall recipes.

Giant Pumpkins

These pumpkins taste more like squash and can be substituted for squash in most recipes. They have a coarse, less desirable taste and are more often cooked in soups than anything else.

Irish Pumpkin Potage

This is a delicious stew for the fall and winter seasons with hearty pumpkin spiced with cayenne pepper, paprika and nutmeg.

Ingredients

3 lb. peeled, seeded and diced sugar pumpkin
2 leeks, chopped
1 onion, chopped
2 cloves garlic, minced
1/2 C. olive oil
6 C. chicken stock
4 1/2 C. milk
1/2 tsp. cayenne pepper
1 tsp. Hungarian sweet paprika
1 pinch freshly ground black pepper
1 tsp. ground nutmeg

Directions

Halve the pumpkin and scrape out the seeds and pith. Cut into 1 inch pieces. In a large skillet, sauté the pumpkin, leeks, onion and garlic in olive oil. Add chicken stock and bring to a simmer. Strain vegetables, place in food processor and blend until smooth. Transfer puree to pot or crock pot; add enough milk to reach smooth consistency. Add the cayenne pepper, paprika, ground pepper and nutmeg; simmer for 30 minutes and do not allow to boil.

Yield: 5 servings

My Recipe Notes:

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Browse our collection and submit your own favorites!**

Walnut Pumpkin Pie

A nutty variation on pumpkin pie with a delightful crunch.

Ingredients

1 Graham Cracker Pie Crust
1 (15 oz.) can pumpkin
1 (14 oz.) can Sweetened condensed Milk
1 egg
1 ¼ tsp. ground cinnamon
½ tsp. ground ginger
½ tsp. nutmeg
½ tsp. salt
¼ C. packed brown sugar
2 Tbs. all purpose flour
2 Tbs. cold margarine or butter
¾ C. chopped Walnuts

Directions

Heat oven to 425 degrees F. In mixing bowl, combine pumpkin, sweetened condensed milk, egg, ¼ tsp. of the cinnamon, all the ginger, nutmeg and salt. Mix well. Turn into pie crust. Bake 15 minutes, remove pie. Reduce oven temperature to 350 degrees F. In small bowl, combine sugar, flour and remaining ½ tsp. cinnamon. Cut in margarine until crumbly. Stir in walnuts. Sprinkle walnut mixture evenly over pie. Bake 40 minutes or until knife inserted 1 inch from edge comes out clean. Cool. Garnish as desired. Refrigerate leftovers.

Makes 8 servings.

My Recipe Notes:

Spiced Pumpkin Pancakes

A fun autumn breakfast, these pancakes have a rich, spiced pumpkin flavor.

Ingredients

1 1/4 C. unbleached all purpose flour
3 Tbs. sugar
2 tsp. baking powder
1 1/4 tsp. pumpkin pie spice
3/4 tsp. salt
1 1/3 C. whole milk
3/4 C. canned pure pumpkin
4 large eggs, separated
1/4 C. (1/2 stick) unsalted butter, melted
1 tsp. vanilla extract

Vegetable oil

Maple syrup

Directions

Whisk first 5 ingredients in large bowl to blend. Whisk milk, pumpkin, egg yolks, melted butter and vanilla in medium bowl to blend well. Add pumpkin mixture to dry ingredients; whisk just until smooth (batter will be thick). Using electric mixer, beat egg whites in another medium bowl until stiff but not dry. Fold whites into batter in 2 additions. Brush large nonstick skillet with oil; heat over medium heat. Working in batches, pour batter by 1/3 cupfuls into skillet. Cook until bubbles form on surface of pancakes and bottoms are brown, about 1 1/2 minutes per side. Repeat with remaining batter, brushing skillet with oil between batches. Serve with syrup.

Yield: 12 servings

My Recipe Notes:

Pumpkin White Chip Macadamia Bars

This unexpected cookie is sure to surprise and delight, especially during the holiday season.

Ingredients

2 C. flour
2 tsp. ground cinnamon
1 tsp. ground cloves
1 tsp. baking soda
1 C. butter or margarine, softened
1/2 C. sugar
1/2 C. brown sugar
1 C. canned pumpkin
1 egg
2 tsp. vanilla extract
12 oz. pkg. Nestle premium white morsels, divided
2/3 C. chopped macadamia nuts

Directions

Combine flour, cinnamon, cloves and baking soda in small bowl. Beat butter and sugars in large mixer bowl until creamy. Beat in pumpkin, egg and vanilla until blended; gradually beat in flour mixture. Stir in 1-1/2 C. white chips and nuts. Spread into greased 15x10 jelly- roll pan. Bake at 350 for 18-22 minutes or until wooden pick inserted in center comes out clean. Cool in pan on wire rack. Place remaining white chips in heavy-duty plastic bag. Microwave on medium- high (70% power) in bowl for 45 seconds; knead. Microwave at 10 second intervals, kneading until smooth. Cut tiny corner from bag; squeeze to drizzle over bars.

My Recipe Notes:

Pumpkin Seeds

Roasting Pumpkin Seeds

Don't waste the seeds after cooking your pie or making jack-o-lanterns. Instead, roast and salt the seeds for a delicious and nutritious snack. Let the children slosh through the fibers in pursuit of the slippery seeds. It is so much fun.

Ingredients

1 qt. water
2 Tbs. salt
2 C. pumpkin seeds
1 Tbs. vegetable oil or melted, unsalted butter

Directions

Preheat oven to 250°F. Pick through seeds and remove any cut seeds. Remove as much of the stringy fibers as possible. Bring the water and salt to a boil. Add the seeds and boil for 10 minutes. Drain, spread on kitchen towel or paper towel and pat dry. Place the seeds in a bowl and toss with oil or melted butter. Spread evenly on a large cookie sheet or roasting pan. Place pan in a preheated oven and roast the seeds for 30 to 40 minutes. Stir about every 10 minutes, until crisp and golden brown. Cool the seeds, then shell and eat or pack in air-tight containers or zip closure bags and refrigerate until ready to eat.

My Recipe Notes:

Pumpkin Soup in a Goblet

Impress fall guests or relatives on Thanksgiving with this delicious pumpkin soup.

Ingredients

3 small sugar or cheese pumpkins
4 Tbs. maple syrup
2 Tbs. olive oil
Salt and pepper to taste
1 C. onion, diced
4 Tbs. butter
2 tsp. curry powder
1 tsp. cinnamon
1/8 tsp. cayenne
3 cloves garlic, minced
3 C. vegetable stock
2 bay leaves
1 C. heavy cream

Brittle to garnish soup:

1/3 C. sugar
1/4 C. water
1/2 C. toasted pumpkin seeds

Directions

Preheat oven to 400 degrees. Split pumpkins and remove seeds. Set pumpkin seeds aside for brittle. Set pumpkin halves on a roasting pan face up and drizzle with maple syrup and oil. Add salt and pepper. Roast in oven for 20 minutes or until golden brown and soft. Remove from oven and cool. Scoop out and mash the pumpkin with a wooden spoon. Set aside. Sauté onion in butter at a medium heat until the onions start to caramelize. Add spices and garlic. Add stock and bay leaves after a few minutes. Bring to a boil and add pumpkin. Lower heat to a simmer for 30 minutes. Remove bay leaves and puree soup in a blender until very smooth. Slowly add cream and return to heat to simmer for 15 minutes more. To make Brittle for garnish, combine sugar and water in a small sauce pan; cook mixture over low heat, stirring until mixture turns a caramel color. Stir in seeds. Pour mixture onto a sprayed cookie sheet and spread evenly. After brittle cools, break into small pieces. To serve: Ladle hot soup into goblets and sprinkle with brittle.

My Recipe Notes:

14-Carrot Juice

This blend of carrots and OJ is full of beta-carotene which can help fortify weakened immune systems.

Ingredients

1/2 C. soft silken tofu
1/2 C. chilled carrot juice
1/2 C. grated carrots
1 C. low-fat vanilla frozen yogurt
2 Tbs. frozen orange juice concentrate
1 Tbs. fresh lemon juice
1/4 tsp. grated fresh ginger
Pinch of salt
3 Tbs. pumpkin seeds; optional

Directions

Combine all ingredients except pumpkin seeds in blender; blend until smooth. Add pumpkin seeds, if desired, and blend to the desired consistency.

Yield: 2 servings

My Recipe Notes:

Pumpkin Seed Candy

These wrapped candies are perfect treats for celebrating Halloween. Pepitas, or pumpkin seeds, are available hulled or unhulled at health-food stores.

Ingredients

1 C. hulled pepitas (pumpkin seeds)
1/4 C. sugar
2/3 C. good-quality honey
3 Tbs. cold unsalted butter
2 Tbs. melted for brushing
Directions

Heat a large skillet over medium-high heat. Add pepitas; toast, stirring constantly until seeds pop and become slightly golden, about 3 minutes. Transfer to a bowl to cool. Place sugar and honey in a small saucepan. Bring to a boil over medium-high heat, stirring to dissolve sugar, about 3 minutes. Add pepitas, and continue cooking until temperature registers 285 degrees on a candy thermometer, 3 to 4 minutes. Remove from heat, and stir in cold butter. Let the mixture cool to 240 degrees, about 4 minutes. Meanwhile, brush the inside of fifteen 1-inch-diameter black paper C. with melted butter, reserving 1 Tbs.. Spoon a scant Tbs. of the honey mixture into each C.. Brush a clean work surface with the remaining butter, and spoon the remaining honey mixture on it so mixture will continue to cool. When remaining candy is stiff and cool enough to handle, about 6 minutes, cut into 3/4-inch pieces with a greased knife. Put one piece of candy in center of each of fifteen 4-by-4-inch pieces of orange cellophane wrap, gather cellophane at the top, and secure with a twist of a 4 1/2-inch piece of floral wire. Wrap the ends of floral wire around a skewer to form tendrils.

Yield: 30 pieces

My Recipe Notes:

Squash

When you're at the market choosing a winter squash, it's important to look for nice shape and weight for its size. Avoid squash with any moldy spots, cuts or punctures. If the rind is tender, it means it was picked prematurely and it will not taste as good. Winter squash have much thicker rinds than summer squash, so they store for much longer. We have chosen the five of the most popular squashes that you'll probably see in the grocery store.

Acorn

Acorn Squash and Apricot Glaze

Apples and apricots spiced with honey and nutmeg complement the flavor of acorn squash.

Ingredients

- 2 medium acorn squash (1 lb. each)
- 1 medium apple, sliced
- 2 medium apricots, sliced or 1 peach, peeled and sliced (2/3 C.)
- 1/4 C. apricot nectar
- 2 Tbs. honey
- 1/4 tsp. ground nutmeg
- 1 Tbs. margarine or butter

Directions

Halve squash lengthwise; remove and discard seeds. Place squash, cut side down, in a 2-qt. rectangular microwave-safe baking dish. Microwave, uncovered, on 100 percent power (high) for 12 to 16 minutes or until just tender, giving dish a half-turn once. Meanwhile, in a small bowl combine apple and apricot slices, nectar, honey, and nutmeg. Turn squash over, cut side up. Spoon fruit mixture into squash cavities. Dot with margarine or butter. Microwave, covered with waxed paper, for 4 to 7 minutes or until fruit is hot. Sprinkle with additional nutmeg, if desired. Makes 4 side-dish servings.

My Recipe Notes:

Roasted Potatoes and Squash

A warm and comforting side dish, flavored with plenty of herbs and balsamic vinegar.

Ingredients

2 1/2 lbs. red potatoes, scrubbed, quartered
1 acorn squash, peeled and cut into 1 1/2 inch chunks
3 C. butternut squash, cut into 2 inch chunks
1/3 C. olive oil
1 tsp dried, crumbled rosemary
1 tsp dried, crumbled thyme
1/2 tsp dried, crumbled oregano
3 cloves garlic, peeled and minced
1 1/2 Tbs. balsamic vinegar (or wine vinegar)
1 tsp. salt
3/4 tsp. fresh ground black pepper

Directions

Preheat the oven to 400 degrees. F. Cover the bottom of a large baking sheet with aluminum foil. Place the potatoes and squash in a large bowl and toss with olive oil, rosemary, thyme, oregano, garlic, vinegar, salt and pepper. Transfer vegetables to the baking sheet and spread into a single layer. Set aside the bowl with the leftover oil. Roast the vegetables until tender, turning every 15 minutes, for about an hour. Add more of the leftover oil if they appear to look dry. They should be tender and browned when finished. Serve immediately.

4-6 servings

My Recipe Notes:

Roasted Acorn Soup

Horseradish and apples give this flavorful soup an especially "autumn" flavor.

Ingredients

3 Acorn squash (about 3 lb. total)

3 1/2 C. Homemade Chicken Stock , or canned low-sodium chicken or vegetable broth, skimmed of fat

1 1/2 C. apple cider

1 Tbs. freshly grated horseradish

3/4 tsp. salt

1/4 tsp. freshly ground black pepper

2 Granny Smith apples (about 1 lb.)

Juice of 1 lemon

1/4 C. coarsely chopped fresh flat-leaf parsley leaves

Olive-oil cooking spray

Directions

Heat oven to 450 degrees. Cut acorn squash in half lengthwise, scoop out seeds, and place, cut side down, on a baking sheet coated with olive-oil cooking spray. Roast until tender, about 45 minutes. Combine chicken stock, apple cider, 1 tsp. horseradish, salt, and pepper in a medium saucepan, and bring to a simmer. Scoop squash flesh out of skins, and place in the bowl of a food processor. Add 1 C. hot stock mixture, and puree until smooth. Stir squash mixture into pan with remaining stock, and keep soup warm. Peel and core apples, and cut into 1/4-inch dice. Transfer to a small bowl, add lemon juice and remaining 2 teaspoons horseradish, and toss to combine. Heat a medium sauté pan coated with olive-oil cooking spray over medium-high heat. Add apple mixture, and sauté until golden brown. Serve soup garnished with sautéed apple mixture and chopped parsley.

Variations: This soup is also delicious when made with roasted beets or carrots in place of the squash.

Yield: 8 servings as a first course

My Recipe Notes:

Spiced-Up Baked Acorn Squash

A simple and delicious way to prepare squash.

Ingredients

6 whole acorn squash

3/4 tsp. cinnamon

3/4 tsp. ginger

3/4 tsp. mace

6 Tbs. butter or margarine, melted

1 Tbs. cider vinegar

6 Tbs. maple syrup

Directions

Preheat oven to 350 degrees. Split each squash in half lengthwise; scoop out and discard seeds and fiber from centers. Slice a thin piece from each bottom so they will rest flat in the pan. Place squash in a shallow baking dish. Mix spices together and sprinkle over squash. Mix melted butter with vinegar; drizzle over squash. Add 1/2 Tbs. maple syrup to each cavity. Cover dish with foil and bake for 1 and 3/4 hours. Remove foil; baste. Return to oven for 10 minutes.

Yield: 12 servings

My Recipe Notes:

Banana

Winter Squash Soup

A rich and hearty soup when its cold outside

Ingredients

3 Tbs. olive oil
3 Tbs. butter
1 large onion, chopped
4 C. water
4 C. chicken broth
4 C. winter squash, peeled, seeded and medium diced
2 carrots, peeled and diced
1/4 C. parsley, chopped
1 tsp. thyme
Salt and pepper to taste

Directions

Heat the oil and butter in a heavy soup pot. Add the onions and cook until just soft. Add the remaining ingredients and slowly bring to a boil. Reduce the heat and simmer for 45 minutes. Carefully add small amounts to a food processor or blender. Puree the entire batch. Add to a new pot and re-warm over low heat. Serve warm. Yield: 4-6 servings.

My Recipe Notes:

Squash Corn Bread

This is a great recipe to use up leftover winter squash.

Ingredients

1 C. cooked winter squash

1 egg

2 tsp. baking powder

1 tsp. salt

1 C. vegetable oil

3/4 C. yellow corn meal

Directions

Place squash in a blender or food processor. (You can also mash it as long as it's cooked well- this is great for leftovers) Beat the egg lightly and add to the squash in a large bowl. Add the other ingredients and mix lightly. Place the batter into a cast iron skillet or 9 inch square pan that has been coated with butter or margarine. Dot the batter with butter if you wish and bake at 350 degrees for 40 minutes.

My Recipe Notes:

Winter Squash with Apricot Stuffing

Delicious squash baked in olive oil is made even better with a sweet and crunchy stuffing.

Ingredients

3 small acorn, butternut or other winter squash, cut in half and seeds scooped out
2 Tbs. olive oil
2 C. matzo flour (or meal), or 4 whole matzo, finely crumbled
1 medium red onion, chopped
1/2 C. chopped celery
1 clove garlic, minced
1 1/2 C. vegetable stock
1/2 C. dried apricots, chopped
1/4 C. cashews, chopped
2 Tbs. fresh parsley, chopped
2 tsp. fresh ground black pepper

Directions

Preheat the oven to 375. Place the squash, cut side down, in a shallow baking pan. Add enough water to cover about 1 inch of the squash halves. Use a pastry brush or cloth to lightly coat the exposed squash skin with olive oil. Bake the squash for about 20 minutes, or until about half cooked. The squash still should be fairly tough. Meanwhile, combine 1 Tbs. of olive oil, matzo, onion, celery and garlic in a medium saucepan and sauté for about 6 minutes, or until very soft. The mixture will stick to the pan, so stir frequently. Add the stock, apricots and cashews and allow to cook for 12 minutes, stirring frequently. Stir in parsley and pepper. Remove the squash from the oven, turn upright and allow to cool for 5 minutes. Fill each squash with stuffing and arrange on a baking sheet. Use remaining olive oil to lightly coat any exposed squash meat. Bake for 50 minutes, or until the squash is soft and easily pierced by a fork.

Makes 6 servings.

My Recipe Notes:

Buttercup

Golden Squash Muffins

Great vegetable muffins, perfect served with dinner

Ingredients

2 1/4 C. flour

1/3 C. sugar

2 1/2 tsp. baking powder

1/4 tsp. salt

1/3 C. butter or margarine, softened

1 large egg

3/4 C. cooked, mashed butternut or buttercup squash

1 tsp. grated orange peel

1 C. milk

Directions

Heat oven to 400 degrees. Grease muffin tin (regular size dozen) with butter. Mix flour, sugar, baking powder and salt in large bowl. Cut in butter with pastry blender or knives until mixture is like fine crumbs. Beat egg in a medium bowl; stir in squash, peel and milk. Add to flour mixture until just blended. Fill muffin cups 3/4 full. Bake 20-25 minutes until lightly browned and center is done when tested with a toothpicks. Serve with butter and honey. Makes 12 muffins.

My Recipe Notes:

Butternut

Butternut Squash Bread

This yummy vegetable bread is a great way to sneak more vegetable into your (or your loved one's) diet.

Ingredients

2 packages active dry yeast
1/2 C. warm water (110 to 115)
1-1/4 C. mashed cooked butternut squash
1 C. warm milk (110 to 115)
2 eggs, beaten
1/3 C. butter or margarine, melted
1/3 C. sugar
1 tsp. salt
7 to 7-1/2 C. all purpose flour

Directions

In a mixing bowl, dissolve yeast in water; let stand for 5 minutes. Add squash, milk, eggs, butter, sugar and salt; mix well. Gradually add 3-1/2 C. flour; beat until smooth. Add enough remaining flour to form a soft dough. Turn onto a floured board; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down. Shape into three loaves; place in greased 8-in.x4-in.x2-in. loaf pans. Cover and let rise until doubled, about 30 minutes. Bake at 375 degrees for 25-30 minutes or until tops are golden. Remove from pans to cool on wire racks.

Yields: 3 loaves

My Recipe Notes:

Squash and Apple Bisque

This sweet crockpot soup is delicious on its own, but you can also dress it up however you like.

Ingredients

1 2 lb. butternut squash, peeled and cubed
1 medium onion (1/2 C.), chopped
1 14 1/2 oz. can ready-to-serve chicken broth
2 C. apple sauce
1/2 tsp. ground ginger
1/4 tsp. salt
1 C. sour cream

Directions

Mix all ingredients except sour cream in 3 1/2-to-6-quart slow cooker. Cover and cook on low heat setting 8-10 hours (or high heat setting 3-5 hours) or until squash is tender. Place 1/3 to 1/2 of the mixture at a time in blender or food processor. Cover and blend on high speed until smooth. Return mixture to slow cooker. Stir in sour cream. Cover and cook on low heat another 15 minutes or just until soup is hot; stir. Garnish each serving with a dollop of sour cream.

Tip: Sour cream will break down and curdle if heated too long or becomes too hot. After adding the cold sour cream, cook the bisque just long enough for it to reheat. If using reduced-fat sour cream, add it the same way.

Variations: For a delightful taste treat, serve this bisque thoroughly chilled. Garnish with thin slices of Granny Smith apples and a sprinkling of finely chopped crystallized ginger. To add a spectacular finishing touch, spoon a dollop of sour cream on top of each serving, then swirl slightly into the soup with the tip of a knife or toothpick. For a touch of crunch and color, sprinkle with poppy seed or chopped pecan. To finish out the meal serve with a fresh tossed green salad and House Italian Salad Dressing.

Yield: 8 servings

My Recipe Notes:

Roast Beef and Squash

Add some squash to your roast beef dish.

Ingredients

2 Tbs. olive oil

4 lbs. chuck roast

1 onion - thinly sliced

2 cloves garlic - minced

Salt and pepper to taste

3/4 C. beef broth

2 Tbs. fresh sage - chopped

3-4 lbs. butternut squash

Optional: 2 Tbs. herb vinegar

Directions

Preheat oven to 350 degrees. In a Dutch oven (or a pan that can go from stovetop to oven) heat the oil until warmed. When the oil is hot, add the roast and brown slowly for about 10 minutes on each side. Meanwhile, slice the onions and mince garlic. Remove the roast to a platter and season with the salt and pepper-set aside. Lower the heat and sauté the onion and garlic until light golden-be very careful not to brown completely or scorch. Add the broth/wine and the sage. Cook for one minute. Return roast to the pot, and cover. Bake for 1-1 1/2 hours (add more broth or water if it becomes dry). Meanwhile, peel the squash, remove seeds and cut into one inch cubes. After the roast has cooked for the 1 1/2 hours, add the squash and bake 30 more minutes. Do not over bake or the squash will become mushy.

My Recipe Notes:

Butternut Squash and Green Beans with Maple Syrup

Maple syrup sweetens the dish, while slivered almonds add crunch to the softened veggies.

Ingredients

1 large butternut squash, peeled and cut into 3/4-inch cubes
salt and pepper
vegetable oil
1-2 lb. fresh green beans
2 Tbs. butter
1/2 C. slivered almonds
1/3 C. maple syrup
dash of allspice (optional)

Directions

Place the squash cubes on a large baking pan. Drizzle one to two Tbs. of vegetable oil over the squash. Salt and pepper to taste. Bake the squash for 20 minutes or until nearly tender, turning once during cooking. While the squash is cooking steam the green beans until they turn color and start to become tender. Do not overcook the beans; they will continue to cook in the skillet. While the beans and the squash are cooking, melt the butter in a large, non-stick skillet. Place the slivered almonds in the butter and sauté for several minutes. Place the squash and the beans in the skillet with the almonds. Pour the maple syrup over the vegetables and stir. Cook until the dish is hot and the vegetables are nearly tender, stirring often. Add more salt and pepper to taste. Serve hot.

My Recipe Notes:

Spaghetti

Spicy Chicken and Spaghetti Squash Skillet

This spicy sauce, which makes good use of leftover chicken or turkey, is also great on true pastas, as well as spaghetti squash. For a vegetarian version, simply eliminate the meat. If you want a substitute, use extra firm tofu.

Ingredients

- 1 small spaghetti squash, cooked
- 2 Tbs. olive oil
- 1/2 C. minced onion
- 3-4 cloves garlic, minced
- 2 green onions, finely chopped
- 12 oz. cooked chicken or turkey meat
- 2 C. crushed tomatoes
- 1/4 C. dry red wine
- 2 tsp. capers
- 2 1/2 tsp. fresh oregano (1 tsp. dried)
- 1 tsp. crushed red pepper
- 3 Tbs. Italian parsley, finely chopped

Directions

Heat the oil in a skillet over medium high heat, sauté onion, garlic and green onions for 2 minutes. Add the chicken or turkey and cook for about 3-4 minutes. Stir in tomatoes and wine and bring to a boil, then lower heat and simmer for about 20 minutes. Add remaining ingredients and simmer for another 5 minutes. Pour sauce over heated spaghetti squash and serve.

My Recipe Notes:

Greek-Style Spaghetti Squash

Healthful squash is combined with chickpeas, olives, and feta cheese in this vegetarian recipe.

Ingredients

3 Tbs. red wine vinegar
2 tsp. extra-virgin olive oil
1 tsp. dried oregano
1/4 tsp. black pepper
2 garlic cloves, minced
3 C. cooked spaghetti squash
2 C. chopped tomato
1 C. diced cucumber
1/2 C. (2 oz.) crumbled feta cheese
1/4 C. diced green bell pepper
1/4 C. diced red onion
2 Tbs. chopped pitted kalamata olives
1 (15.5-oz.) can chickpeas (garbanzo beans), drained

Directions

Combine first 6 ingredients in a bowl; stir well with a whisk. Combine squash and remaining ingredients in a large bowl. Add vinegar mixture; toss well. Cover and chill.

8 servings

My Recipe Notes:

Spaghetti Squash with Tomatoes and Herbs

You can also use this recipe to make spaghetti squash lasagna!

Ingredients

Spaghetti squash, cooked
2 cloves garlic, minced
2 tsp. olive oil
1 (28 oz.) can tomatoes, drained
1 Tbs. chopped fresh or frozen basil
1/8 tsp. dried oregano
2-3 Tbs. grated Parmesan or Romano cheese

Directions

Sauté the garlic in the oil until it's softened but not burned. Chop the tomatoes (I usually squish them in my hand over the pot). Add them along with the herbs to the garlic and simmer for ten to fifteen minutes. Ladle this on the squash and top with freshly grated parmesan for a light dinner.

My Recipe Notes:

Creamy Spaghetti Squash Casserole

This delicious vegetable dish cooks entirely in the microwave, so it's great if you don't have time for the oven to heat up.

Ingredients

2 lb. spaghetti squash
1/2 C. Bisquick baking mix
1/4 C. butter or margarine, softened
1/4 C. Parmesan cheese, grated
1 tsp. rubbed sage
1/4 tsp. pepper
1 1/4 C. milk
1 Tbs. snipped parsley
1 4 oz. can mushroom stems and pieces, drained

Directions

Pierce squash with fork to allow steam to escape. Place squash on microwavable plate in microwave oven. Microwave uncovered on high (100%) 8 minutes; turn squash over. Microwave uncovered until tender, 8-11 minutes longer. Mix baking mix, butter, cheese, sage and pepper in 1 1/2 quart microwavable casserole. Microwave uncovered on high (100%) until bubbly, 3-4 minutes; stir in milk. Microwave uncovered on medium (50%) to boiling, 3-4 minutes; stir in parsley and mushrooms. Cut squash lengthwise into halves; scoop out seeds. Unwind spaghetti-like flesh with fork and place in casserole; reserve shells. Fold sauce into squash. Cover and microwave on high (100%) until thickened, about 3 minutes. Spoon into shells.

Yield: 6 servings

My Recipe Notes: