



Squash

HARVEST SQUASH MEDLEY

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| 5 cups (1.25 L) cubed squash | 1/2 tsp (2 mL) cinnamon |
| 2 cups (500 mL) cubed sweet potatoes | 1/8 tsp (0.5 mL) nutmeg |
| 1 tbsp (15 mL) oil | 1 1/2 tsp (7 mL) grated orange peel |
| 2 tbsp (25 mL) honey | 1 apple, peeled and cubed |
| 2 tbsp (25 mL) orange juice | 1/2 cup (125 mL) chopped walnuts, toasted |

Combine squash and sweet potatoes; place in a greased shallow 2 quart (2 L) casserole. Heat next 6 ingredients (oil through orange peel) in a saucepan, stirring until combined. Drizzle over squash and sweet potatoes. Cover casserole and bake at 350°F (180°C) for 45 minutes. Stir in apple and bake, uncovered, for 30 minutes. Top with walnuts. Serve with roast pork, meat loaf or fish. Serves 6 -8.

CRUNCHY PARMESAN SQUASH

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| 2 small acorn squash | 1 tsp (5 mL) paprika |
| 1/2 cup (125 mL) fine dry bread crumbs | 1/2 tsp (2 mL) cayenne pepper |
| 1/2 cup (125 mL) freshly grated Parmesan cheese | 1/3 cup (75 mL) butter, melted |

Line a large rimmed baking sheet with nonstick foil. Halve squash lengthwise; remove seeds. Cut squash crosswise into 3/4 inch (2 cm) thick slices. Combine bread crumbs, Parmesan cheese, paprika and cayenne pepper in a pie plate. Working with one piece at a time, brush cut sides of squash with melted butter. Place squash in bread crumb mixture, pressing lightly so that bread crumb mixture adheres; turn to coat both sides. Place in a single layer in prepared pan. Bake, uncovered, at 400°F (200°C) for 20 minutes. Remove pan from oven. Gently turn squash over and continue baking for 15 minutes or until squash is tender and golden brown. Serves 8 - 10.

SQUASH AND BEAN CHILI

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| 1 tbsp (15 mL) oil | 1 1/2 cups (375 mL) canned vegetable or chicken broth |
| 2 cups (500 mL) chopped onions | 2 cups (500 mL) cubed peeled butternut squash |
| 6 cloves garlic, finely chopped | 1 cup (250 mL) diced green bell pepper |
| 3 tbsp (40 mL) chili powder | 1 cup (250 mL) diced red bell pepper |
| 1 tsp (5 mL) cumin | 3 cans (19 oz/540 mL each) mixed beans, rinsed and drained |
| 1 tsp (5 mL) salt | 1/4 cup (50 mL) chopped fresh cilantro |
| 1/4 tsp (1 mL) red pepper flakes | |
| 1 can (28 oz/796 mL) diced tomatoes | |

Heat oil in a Dutch oven over medium heat. Add onions and garlic; cook for 5 minutes. Stir in chili powder, cumin, salt and red pepper flakes. Cook, stirring, for 1 - 2 minutes. Add next 6 ingredients (tomatoes through beans). Bring to a boil. Reduce heat and simmer for 20 minutes or until vegetables are tender. Chili may be prepared to this point and refrigerated for up to 24 hours. Return chili to Dutch oven and heat to serving temperature. Stir in cilantro just before serving. Serves 4 - 6.

Cook's Note: Rice or cornbread makes a nice accompaniment to this chili.