



## November 2, 2016

### Squash

Squashes are aloof, their hard little carapaces keeping you out and them in. Once you crack their shells, though, you'll find treasures of tasty, fibre-rich, high-vitamin flesh.

They come in so many shapes and textures. Many are sweet -- butternut and acorn are satisfyingly sweet and starchy to fill you up in the colder months. Two of our recipes take good advantage of these qualities, pairing up a protein plus maple syrup for Chicken and Squash Patties, or a flavourful side with citrus and ginger notes for Honeyed Squash Puree.

But spaghetti squash is a whimsy. It looks like other squashes, but cooked, the fibres can be scraped out in long strings, ready to get sauced up. You're not going to fool anyone that it's actually spaghetti, but it cooks to al dente and has a crispness to it that goes well with some of your favourite savouries, like bacon, mushrooms and cheese.

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### **SWISS MUSHROOM SPAGHETTI SQUASH**

#### **Ingredients:**

1 spaghetti squash  
4 slices bacon  
1/2 lb (250 g) mushrooms, sliced  
1/4 tsp (1 mL) nutmeg  
2 cups (500 mL) shredded Swiss cheese  
Sliced green onion

#### **Method:**

Pierce skin of squash with fork in several places. Place on a pan; bake at 350°F (180°C) for about 1 hour or until tender. Cut squash in half lengthwise; remove seeds and discard. Using a fork, pull squash strands free from shell; set squash and shell aside. In a frypan, cook bacon until crisp; drain off all but 1 tbsp (15 mL) of drippings. Crumble bacon and set aside. Add mushrooms to frypan and saute for about 3 minutes. Combine mushrooms with squash,



bacon, nutmeg and cheese. Return mixture to squash shell. Bake at 350°F (180°C) for about 15 minutes or until heated through. Sprinkle with onion. *Serves 8.*

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## **CHICKEN AND SQUASH PATTIES**

### **Ingredients:**

1 1/2 lb (0.75 kg) ground chicken  
3/4 cup (175 mL) shredded peeled butternut squash  
1/2 cup (125 mL) fine dry bread crumbs  
1/4 cup (50 mL) finely chopped onion  
1/4 cup (50 mL) chopped fresh parsley  
2 tsp (10 mL) grated orange peel  
1 tsp (5 mL) paprika  
3/4 tsp (3 mL) salt  
1/2 tsp (2 mL) freshly ground pepper  
1/2 tsp (2 mL) sage, crumbled  
1 egg, beaten  
1 tbsp (15 mL) oil  
Maple or pancake syrup

### **Method:**

1. Combine first 11 ingredients (chicken through beaten egg) until well blended. Shape chicken mixture into 40 patties, each about 1 1/2 inches (3.75 cm) in diameter.
2. Heat oil in a large nonstick frypan over medium heat. Cook patties in batches until browned on both sides and completely cooked, about 6 – 8 minutes per side. Serve with syrup. *Makes about 40.*

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## **HONEYED SQUASH PUREE WITH ORANGE AND GINGER**

### **Ingredients:**

4 lb (2 kg) butternut squash (about 2 large)  
1/4 cup (50 mL) butter  
2 tbsp (25 mL) honey  
2 tbsp (25 mL) thawed frozen orange juice concentrate  
1 1/2 tsp (7 mL) ginger  
1 tsp (5 mL) grated lemon peel  
1 tsp (5 mL) grated orange peel  
3/4 tsp (3 mL) cinnamon  
1/2 tsp (2 mL) allspice  
1/4 tsp (1 mL) salt

### **Method:**

Halve squash lengthwise; remove seeds. Place squash, cut side down, on a greased jelly-roll pan. Bake at 375°F (190°C) for 60 - 65 minutes or until squash is tender when pierced with a fork. Cool slightly. Scoop pulp from squash and place in a food processor. Add remaining ingredients (butter through salt) and puree until smooth. May be refrigerated for up to 24 hours. Reheat in a saucepan over low heat. Alternatively, squash puree may be reheated, covered, in a microwave-safe container in a microwave oven on medium. Stir occasionally until heated through, about 5 - 7 minutes. *Serves 8 - 10.*