



Butternut Squash Soup with Curry

Ingredients:

1 lbs. Butternut Squash	½ c. Chicken Broth
¼ c Sour Cream	1 tsp. Curry Powder

Prep Time 45 Minutes:

1. Pre-heat oven to 350 degrees.
2. Cut squash in half length wise. Scrape out seeds and excess membrane. Lightly rub the inside of the squash with Olive oil, season with salt and pepper. Place on a lined cooking sheet, flesh side up. Bake 40 minutes or until fork tender.
3. Heat chicken broth to a low simmer.
4. In a dry pan add curry powder and 'toast it' over a low heat. Heat the spice until it becomes fragrant (2 – 3 minutes).
5. With a spoon scrape baked squash into a blender. Add sour cream, heated chicken broth and toasted curry powder. Blend. Taste soup, then adjust seasonings to taste.

Serves 2 to 4:

1. Garnish soup with a dollop of sour cream, sprig of sage or
2. Serve soup hot or chilled.

Options:

1. Substitute other kinds of squash for different flavors and texture.
2. Substitute sour cream for heavy cream, yogurt or add silken tofu.
3. Use vegetable broth instead of chicken broth.
4. Use fresh nutmeg instead of curry.



Baked Stuffed Acorn Squash

Ingredients:

12 oz of lean ground turkey	1 small white onion	6 oz of goat cheese	1 tsp of chopped rosemary
1 medium size carrot	1 tsp of chopped garlic	1 egg	2tsps of fresh thyme
1 stalk of celery	1 medium acorn squash		2 tsps of fresh sage

Prep Time 20 minutes, Total Time 65 minutes:

1. Pre-heat oven to 350 degrees.
2. Finely chop carrot, celery and onion or use food processor. Sauté the vegetables in a small pan with Olive oil, season with salt and pepper. Cook until tender (not mushy). Add sauté vegetables to ground turkey in a bowl. Add egg, garlic, $\frac{3}{4}$ tsp of salt, $\frac{1}{2}$ tsp of fresh ground pepper, rosemary, sage and thyme to the ground turkey, combined with your hands.
3. Cut acorn squash in half. Trim the ends of the squash so that it can stand upright in the baking pan. Clean out the squash seeds and membrane. Lightly rub the squash flesh with Olive oil. Sprinkle with salt and pepper.
4. Stuff each half of the squash with 6 oz of turkey mixture. With your finger insert holes into the turkey mixture and fill the hole with crumbles of goat cheese. Cover the goat cheese with turkey mixture.
5. Place acorn squash in pan or on cookie sheet. Tent the acorn squash with aluminum foil. Bake 40 minutes and remove the aluminum foil. Finish baking for another 15 - 20 minutes until squash is fork tender and turkey mixture is cook thoroughly.

Serves 2 - 4:

1. Remove squash from the oven let it rest 10 minutes covered with foil.
2. Serve on a bed of wild brown rice (medley), faro or whole grain.
3. Sprinkle the squash with remaining crumbles of goat cheese.

Options:

1. Instead of ground turkey use sausage, ground beef, pork and or veal.
2. Instead of goat cheese use the soft cheese of your choice.
3. Instead of Rosemary, Thyme and Sage use Italian seasons of choice.
4. Instead of crumbling the cheese over the top of the cooked squash, make a cheese sauce and serve over the acorn squash.

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