

## **Acorn Squash with a Twist**

**Prep Time:** 45 minutes, active time 25 minutes

**Serves:** 4

Acorn squash is always a fall treat, halved and roasted with some butter and brown sugar! This is a tasty and different way to enjoy it..

Place oven rack in upper third of oven.

Heat to 375 degrees.

Line a baking sheet (with sides) with parchment or foil

Stir together in a shallow bowl:

1 cup fine, plain breadcrumbs

3/4 teaspoon dried thyme

1/2 teaspoon pepper

Melt: 4 Tablespoons salted butter.

Pour into another shallow bowl.

Rinse a 1 pound acorn squash. Don't peel it!!!

Halve squash, seed it and cut lengthwise into 1/4 inch slices.

Dip squash slices into butter, completely coating them.

Dip squash slices into breadcrumb mixture, also completely coating them.

Arrange squash slices - not touching - on the baking sheet.

Bake 20 minutes until golden brown. The skin will get soft.

Squash should be crisp on outside and tender on inside.

## **Noodles and Kale Bowl.**

### **Yummy, easy and healthy!**

**Prep Time:** 20 minutes

**Serves:** 4

Make the sauce by whisking together:

3 Tablespoons creamy peanut butter

1 Tablespoon toasted or regular sesame oil

1.5 Tablespoons tamari (is gluten free) or soy sauce (is not gluten free)

1 teaspoon grated ginger or 1 teaspoon from premixed tube of ginger in dairy section

1 teaspoon of sriracha or your favorite hot sauce

3 Tablespoons water

Bowl ingredients:

6 ounces dry soba noodles

6 cups loosely packed, chopped kale

6 radishes, sliced

1/2 cup frozen edamame, thawed (or other protein like salmon or tofu)

2 Tablespoons sesame seeds (keep your jarred seeds in the freezer so they last longer)

Directions:

Bring a large pot of salted water to a boil:

Add 6 ounces of soba noodles and cook till al dente (follow package directions)

Transfer noodles to a large bowl. **SAVE** the cooking water and keep it hot.

Blanche 6 cups of loosely packed, chopped kale in the noodle water for about 30 seconds.

Drain kale and add to bowl with soba noodles.

Add the sauce to the large bowl of noodles and kale. Toss well.

Divide into 4 bowls.

Garnish with radishes, sesame seeds and edamame.

Serve with sliced mango and kiwi a a side dish.

Note: For gluten free: substitute buckwheat soba noodles or use brown rice pasta.