

Delicata (or Butternut Squash) Salad

Prep time: 30-45 minutes

Serves: 4

Ingredients:

1 # delicata squash (unpeeled) OR 1# butternut squash (peeled)

1 Tablespoon olive oil

1 bunch kale

Juice of 1/2 orange and 1/2 lemon

2 cups packed arugula

1 cup cooked quinoa or wheat berries

1 apple, cored, halved and thinly sliced

1/3 cup dried cranberries or cherries or apricots

1/2 cup pecorino cheese, shaved or grated

Salt, pepper, maple syrup

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

Prepare quinoa or wheat berries according to package directions.

Cut the squash in half, remove seeds and chop into 1 inch pieces. Drizzle lightly with olive oil and maple syrup and toss to evenly cover. Season with salt and pepper.

Roast 18-25 minutes till edges golden brown.

Tear kale into 1 inch pieces and remove stems.

Place in large shallow bowl with 1 Tablespoon of olive oil.

Add two juices and pinches of salt and pepper.

Massage kale with your hands till it wilts down and softens.

Add arugula, apple slices, grain, dried fruit and cheese.

Toss to combine.

Top with squash.

Voila!

Butternut Squash Apple Aloo Gobi Casserole

Loosely based on an Indian dish

Prep time: 45 minutes plus 1 hour baking time which can be done later or next day

Serves: 8-10. Great for leftovers

Ingredients:

2 Tablespoons butter

2 large cloves garlic, minced

1 Tablespoon cumin seeds

1 Tablespoon fennel seeds

1 Tablespoon coriander seeds

2 Tablespoons curry powder

Note: keep all you red/ oil-based spices in the freezer. They won't get rancid or lose flavor.

2 Tablespoons grated fresh ginger or from a ginger tube in the produce section

2 jalapeños, seeded and finely diced

1 teaspoon salt

1 butternut squash, peeled, seeded and cut into bite-size pieces

1 head cauliflower, cut into bite-size pieces

2 apples, cored, cut into bite-size pieces

A fist full of cilantro or parsley, lightly chopped

Preheat oven to 375 degrees. Convection even better.

Melt butter in a small bowl.

Add garlic, jalapeños, cumin, coriander and fennel. Stir a few minutes until spices are fragrant and lightly toasted.

Remove from heat and stir in ginger, salt and curry powder.

In a large bowl, combine squash, apple, and cauliflower.

Add spice mixture and stir until spices are well distributed.

Transfer to a 9x13 inch baking or roasting pan. Spread evenly.

Bake 1 hour - until squash tender and veggies lightly browned at edges.

Top with parsley or cilantro and enjoy with grilled chicken or grilled tofu.

