

# WINTER SQUASH

## Squash apple walnut soup

- 1 lg. onion, chopped
- 2 garlic cloves, minced
- 2 T. butter or margarine
- 2 c. squash, cooked, canned or frozen (about 1½ lb. raw)
- 4 apples, peeled and sliced
- 1 c. chopped walnuts
- 2 c. apple cider
- 2 tsp. salt, to taste (I use no salt)
- 1 tsp. white pepper, to taste
- 1½ tsp. ground allspice
- 1¼ tsp. ground cinnamon
- Pinch of ground cloves
- 2-4 c. chicken stock
- 1 c. dark brown sugar
- ½ c. cheddar cheese, grated, (optional)

In kettle, cook onion and garlic in butter or margarine until soft, stirring occasionally. Add squash, apples, walnuts, cider, salt, pepper, allspice, cinnamon, cloves and enough stock to cover. Bring mixture to a boil and simmer, partially covered until apple is tender. Start with small amount of stock and add more if needed. Garnish with dollops of sour cream and/or a dash of allspice and more chopped walnuts.

**NOTE:** To precook squash without peeling, cut in half, remove pulp and bake, cut side down, in a baking dish with enough water to cover the bottom until tender, about 45 minutes at 375°. Check occasionally to see if more water is needed. Scrape pulp off the skin. Or, place whole squash in oven, bake until thick end is soft, remove from heat, cut open, remove seeds and scrape pulp from skin. If strings are bothersome, smooth with food processor. Yield: 8 Servings

**Bonnie Smola, Monona**

## Squash and apple bake

- 2 lbs. butternut squash
- ½ c. brown sugar
- ¼ c. butter, melted
- 1 T. flour
- 1 tsp. salt
- ½ tsp. mace
- 2 baking apples, cored and cut into ½ inch slices

Cut squash in half; clean, peel and cut into ½ inch slices. Arrange squash slices and apple slices in baking dish alternately. Mix remaining ingredients together and sprinkle over squash and apples.

Cover with aluminum foil. Bake 50 – 60 minutes in 350° oven until squash is tender.

**Ursula Cordes, Arlington**

## Moroccan-spiced butternut squash bisque Weight Watchers®

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| ¾ tsp. coconut oil    | 2 tsp. ground cumin          |
| 2 c. onions, diced    | 1 tsp. ground cinnamon       |
| 3 c. carrots, diced   | Pinch of cayenne pepper      |
| 1 tsp. table salt     | 8 c. butternut squash, cubed |
| 1 T. minced ginger    | 4 c. fat-free chicken broth  |
| 1 tsp. minced garlic  | 1 T. orange juice            |
| 1 T. ground coriander | 2 T. chives, chopped         |

Heat oil in a large soup pot over medium heat.

Add onions, carrots and salt; cook stirring frequently until vegetables are softened, 10 minutes. Add ginger, garlic, coriander, cumin, cinnamon, and cayenne; cook stirring constantly, 1 minute. Add squash and broth to pot; increase heat to high and bring to a boil. Reduce heat to medium low and simmer, uncovered until squash is very soft, 30-35 minutes.

Puree soup in pot using an immersion blender (or puree in batches in a regular blender); stir in orange juice and garnish with chives. Yield: 8 1-cup servings.

**Cici Mueller, Postville**