

# Judy's Recipes

*Seasonal, Healthy, and Tasty for Chimacum Corner Farmstand*

**OCTOBER 2013:** Squash!

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## Butternut Squash Caponata

- ¼ cup dried currants
- 1/3 cup red wine
- 4 Tablespoons extra virgin olive oil (and more if needed)
- 1 medium onion, medium diced
- Salt and freshly ground pepper
- 2 ribs of celery, medium diced
- 2 cups butternut squash, diced into ½-inch cubes
- ½ cup fresh fennel, medium diced
- ¼ cup toasted pine nuts
- 1 Tablespoon unsweetened cocoa powder
- 2 Tablespoons honey

Soak the currants in the wine for 15 minutes. Drain, reserving 1 Tablespoon of the soaking wine.

In a large skillet over medium-high heat, add 4 Tablespoons olive oil. Add onions, season with salt and pepper and cook for 4 to 5 minutes, until onions are just beginning to brown.

Add the celery, squash and fennel to the pan. If the pan seems dry, add another Tablespoon of olive oil.

Season with salt and pepper and cook about 10 minutes, until squash is fork tender.

Add the currents, the reserved soaking wine, cocoa powder and honey. Adjust seasoning if needed.

Cook about 3 minutes to blend flavors.

Makes 6 Servings

Can be served hot as a side dish or at room temperature as a first course. It's good as a topping for bruschetta.

## Delicata Squash and Chickpea Hummus

- 3 Tablespoons olive oil
- 1 delicata squash
- ¼ cup tahini
- 1 15-ounce can chickpeas, drained
- 4 Tablespoons fresh lemon juice
- ½ teaspoon ground cumin
- ¾ teaspoon salt
- 1 garlic clove, minced
- 1 teaspoon paprika
- ¼ cup fresh parsley leaves, chopped
- ¼ cup water

Preheat oven to 400°. Cut squash in half lengthwise and place cut side up in baking pan. Coat with 1 Tablespoon of the olive oil and season with salt and pepper. Roast about 35 minutes, until squash is soft. Remove from oven and set aside to cool.

In a blender, combine 2 Tablespoon olive oil, tahini, chickpeas, lemon juice, cumin, salt, garlic and paprika. Add the squash to the blender. Puree until smooth. If the texture is too thick, add the water.

Add the parsley leaves and blend 30 seconds longer.

Garnish with a little olive oil and additional parsley. Serve on pita or with raw vegetables.

Makes about 8 servings

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## Roasted Butternut Squash Soup with Coconut

- 1 butternut squash, about 1-1/2 pounds
- 2 large onions
- 3 cloves garlic
- 1 Tablespoon vegetable oil
- Salt, to taste
- 3-1/2 cups vegetable stock
- 3/4 teaspoon ground cardamom
- 3 teaspoons grated ginger
- 1 cup coconut milk

Preheat oven to 350°.

Peel the squash and onion and cut into chunks. Place in a bowl, add the garlic cloves, season with salt, add the oil and toss until vegetables are coated with the oil. Place in a baking pan and roast until vegetables are caramelized, about 30 to 40 minutes, stirring frequently.

Heat the stock to a simmer. Add the ginger, cardamom and roasted vegetables. Simmer for about 8 minutes.

Puree the mixture in a blender or with a hand blender.

Return soup to pan, add the coconut milk and mix well. Warm soup through and serve.

Makes 4 Servings

## Wheat Berry and Apple Stuffed Delicata Squash

- 1/2 cup wheat berries
- 2 cups water
- 1 Tablespoon olive oil
- 1 Delicata squash
- 1/2 medium onion, diced
- 1 medium apple, diced
- 1 handful fresh spinach
- Pinch of salt and pepper
- 1/4 cup walnuts
- 1/4 cup crumbled feta or goat cheese

In a large saucepan, combine wheat berries and water. Bring to a rolling boil, reduce heat to a simmer, cover and let cook for 1 hour, until wheat berries are tender, but slightly chewy. Drain and set aside to cool.

Preheat oven to 400°. Cut squash in half, remove seeds and place face down in a baking pan with 1/2-inch of water. Bake for 20 to 25 minutes, until squash is soft. Remove from oven and set aside.

Heat olive oil over medium-low heat. Add onions and cook until translucent. Stir in apples and continue to cook until apples are soft, another 3 to 4 minutes. Add in spinach, salt and pepper and cook until spinach is slightly wilted. Remove from heat and stir in cooked wheat berries, walnuts and cheese.

Fill the squash halves with the wheat berry filling. Place back in the oven and bake about 10 to 15 minutes, until heated through. Serve immediately.

Makes 2 Servings

Eliminate the cheese to make it a vegan dish.