

## Wonderful Winter Squash

*Winter Squash comes in such wonderful varieties and its nutrition-packed versatility provides endless options for tasty treats throughout the cold winter months.*

*Simply roast whole or halved squash for a simple, tasty side dish, or use scoop out the cooked pulp to make these favorites that we make with the butternut variety.*

### Roasted Butternut Squash Puree

- o 1 butternut squash
- o 2 cloves garlic
- o 2 tablespoon butter
- o pinch of salt

Cut butternut squash in half lengthwise. Remove seeds.

In each squash half place 1 tablespoon butter and 1 clove of garlic in the empty seed cavity.

Place squash halves, cut side up, on a sheet of aluminum foil, cover with another sheet of foil and fold in edges to seal.

Put foil packet on a cookie sheet or other ovenproof baking dish.

Place in a 400-degree oven and roast for about 1 hour or until tender.

Remove from oven. Keep in squash in the foil until cooled completely.

Scoop cooked squash pulp out of skins and place in a food processor. Pulse until smooth.

Makes approximately 1 quart of squash puree to be used in a variety of recipes.

### Roasted Butternut Squash Soup

- o 1 quart roasted butternut squash puree (recipe above)
- o 1/4 teaspoon mace
- o 2 cups vegetable stock
- o 1 teaspoon celery salt
- o 1 1/2 cups skim milk

Stir together the butternut squash puree, vegetable stock, mace and celery salt in a saucepan and warm over medium heat.

When puree mixture is warm, whisk in skim milk and stir until heated through – be sure not to boil. Serve with a dollop of sour cream and a sprig of fresh thyme.

### Roasted Garlic and Butternut Squash Spread

- o 3 bulbs garlic
- o 1/2 teaspoon dried thyme
- o olive oil
- o salt and pepper to taste
- o 4 tablespoons roasted butternut squash puree

Slice off tops of garlic to expose the cloves, leaving the papery skins on. Place in a small ovenproof dish and drizzle with 1 tablespoon olive oil. Cover with foil and bake at 350 to 400 degrees for 30 minutes until soft and golden brown. Let cool.

Squeeze the soft cloves of garlic out of the papery skins into a bowl. Discard the skins.

Add the butternut squash puree and seasonings. Mix together with a fork to break up the garlic cloves and combine the ingredients completely.

Serve as a cracker spread or along side good crusty bread in place of butter.