



Week 4 Winter Contents:

1 lb garlic chive linguine
1 package Italian Sausage Links
1 lb ground beef
1/2 lb spinach
1 head napa cabbage
Broccoli Florets or carrots (depends how the broccoli yields after the cold)
1 gallon apple cider
1 quarter peck apples
3# sweet potatoes
2 ct winter squash*
1 candy onion
1 red onion
1 bag leaf lettuce, 1/2 lb
1 dz eggs

* there will be assorted squash. Most will be dark orange hubba hubba, a baby hubbard squash, or buttercup, which is a dark green/brown with a "cap" on the top, which kind of looks like a turban. Both are great roasted and pureed or used to stuff and serve as a meal.

Bean and Squash Enchiladas

When I worked at a natural foods store in Oregon, the deli served squash enchiladas. They were so popular that they sold out every day. This recipe comes close. It will work with nearly any kind of squash. Try layering the filling between two layers of tortillas to make an easy pan dish. I found it on Skinnytaste.com and modified it.

1 cup red enchilada sauce
1 tsp olive oil
2 1/2 cups peeled butternut squash, cut 1/2 inch dice
salt and pepper, to taste
1 small onion, diced
3 cloves garlic, minced
1 jalapeno, seeded and diced
1 1/4 cup canned or frozen tomatoes, chopped
1 1/2 cups cooked black beans, drained
1/4 cup cilantro
1 tsp cumin
1/2 tsp chili powder
1/4 cup water
8 medium whole wheat flour tortillas
1 cup shredded mild cheese
2 tbsp chopped scallions, for garnish
sour cream, for serving (optional)

Preheat the oven to 400°F. Place 1/4 cup enchilada sauce on the bottom of a large baking dish. Heat olive oil over

medium-high heat in large skillet. Add onions, garlic, and jalapeno and cook 2-3 minutes until onions become translucent and garlic is fragrant. Add cubed butternut, tomatoes, black beans, water, cilantro, cumin and chili powder and season with salt and pepper to taste. Cover and cook over medium-low heat, stirring occasionally, until the squash is tender, about 30 to 35 minutes.

Place about a generous 1/3 cup filling in the center of each tortilla and roll, place on the baking dish seam side down. Repeat with the remaining filling. Top with remaining enchilada sauce and cheese and bake, covered with foil until hot and the cheese is melted, about 10 minutes. Top with scallions and eat with sour cream if desired.

Squash with Apples

This is a layered dish that is super yummy. I adapted it from a recipe I found online a while ago, but can't really remember where. It is good with all types of winter squash, each tasting a little different.

Bottom layer

4 apples, peeled and sliced
1 1/2 tablespoons butter
Middle layer
8 cups diced winter squash
2 tablespoons butter
2 teaspoons brown sugar
1/4 teaspoon salt
1/4 teaspoon pepper

Top layer

2 cups granola
1/2 cup chopped nuts
2 teaspoons brown sugar
2 tablespoons butter, melted

Preheat the oven to 350° F.

Heat two tablespoons of butter in a skillet and add the sliced apples. Cover and simmer for five minutes. Spread in bottom of a casserole dish.

Boil the squash until tender, about 10-20 minutes. Mash the squash with two tablespoons butter, two teaspoons brown sugar, salt, and pepper. Spread it on top of the apples.

Mix the top layer ingredients and sprinkle on top of the squash. Bake uncovered for 15 minutes. Serve warm and enjoy.

Squash with Meat Sauce

Adapted From Jeanette's Healthy Living

1 tablespoon sunflower oil
1 tablespoon ginger, minced
1/2 pound ground meat
3 cups Kabocha squash, peel and seeds removed, and cut into 1" pieces
1 1/4 cup water
2 tablespoons soy sauce
1 teaspoon organic sugar
1 tablespoon organic mirin
1 scallion, chopped

Heat oil in a medium skillet. Add ginger and stir for 2-3 minutes, until fragrant. Add ground turkey and cook until done, breaking up pieces. Drain excess liquid. Add Kabocha squash, water, soy sauce, sugar and mirin. Bring to a boil, then reduce heat and simmer, covered, about 10-15 minute, until Kabocha squash is just tender. Stir in scallion just before serving.

Garlic Soup with Spinach

1 1/2 quarts stock: turkey, veg, chicken
A bouquet garni made with a bay leaf and some sprigs each thyme and parsley
Salt and freshly ground pepper to taste
2 to 3 large garlic cloves, minced
1/2 cup elbow macaroni
2 eggs
1/4 cup freshly grated Parmesan
12 ounces of bunch spinach, stemmed, washed, dried and coarsely chopped

1. Place the stock or water in a large saucepan or soup pot with the bouquet garni. Season to taste with salt and freshly ground pepper. Bring to a simmer and add the garlic. Cover and simmer 15 minutes. Add the pasta and simmer 5 minutes, until cooked al dente. Remove the bouquet garni.
2. Beat the eggs in a bowl and stir in 1/3 cup of stock, making sure that it is not boiling, and the cheese.
3. Stir the spinach into the simmering stock and simmer for 1 minute. Drizzle in the egg mixture, scraping all of it in with a rubber spatula. Turn off the heat and stir very slowly with the spatula, padding it back and forth until the eggs have set. Taste, adjust seasoning, and serve at once.