

Nutty Roasted Squash with Lentils

INGREDIENTS

- 3 acorn squash
- 8 tablespoons butter
- 3 cloves of garlic, pressed
- 1/4 cup fresh sage, chopped
- 1 3/4 teaspoons salt, divided
- 3/4 teaspoon pepper, divided
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 2 tablespoons fresh thyme leaves
- 1/2 cup apple cider
- 1 teaspoon apple cider vinegar
- 1 cup lentils
- 2 cups water or stock
- 1/2 cup pecans
- 1 orange, zested and juiced
- 1 cup parmesan cheese, shredded

DIRECTIONS

Prepare the squash:

1. Preheat oven to 375° degrees. Prepare a baking sheet with parchment paper.
2. Slice the squash in half and scrape out all the seeds and stringy pulp. Place the squash halves, cut side up, on the prepared baking sheet.
3. Bake at 375° for 40 minutes

Prepare the sage butter:

1. In a medium saucepan over low-medium heat, melt the butter. Cook for a minute until the butter gets bubbly and starts to darken in color. Stir constantly. Be careful to not burn the butter; turn the heat down if it's browning too quickly.
2. Stir in the chopped sage. Continue stirring and cook for 2-4 minutes until the butter turns a light tan color.
3. Remove butter mixture from the heat; stir in 1/4 teaspoon salt and 1/4 teaspoon pepper. Pour into a heat-proof bowl and set aside.

Prepare the filling:

1. In a medium saucepan over medium heat, add vegetable oil.
2. Add the onion, garlic, and thyme. Cook, stirring frequently, until onions are tender, about 7 minutes.
3. Add the apple cider and vinegar and cook until the liquid has thickened and evaporated, about 4 minutes.
4. Add the lentils, stirring to coat with the onion mixture.
5. Add the water or stock, increase the heat to high and bring to a boil.
6. Decrease the heat until the liquid is gently simmering and cook until the lentils are tender, about 25 minutes.
7. Add pecans, orange juice, orange zest, 1 1/2 teaspoons salt and 1/2 teaspoon pepper to the prepared lentils. Taste mixture and add more salt or pepper, if needed.
8. Spoon filling into the baked squash, sprinkle with parmesan cheese, and serve. *Optional: broil for 2-3 minutes to brown the cheese.



Roasted Winter Squash Salad

INGREDIENTS

- 1 medium butternut squash, enough for 7 cups when chopped
- 1 tablespoon vegetable oil
- 2 1/4 teaspoon salt, divided
- 1/3 teaspoon pepper, divided
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup pearled farrow
- 3 cups of water
- 1 teaspoon salt
- 1/2 head radicchio, chopped
- 1/4 cup parsley, chopped
- 1 pear, sliced
- 1/2 cup blue cheese, crumbled

DIRECTIONS

Prepare the squash:

1. Preheat oven to 450° degrees. Prepare a baking sheet with parchment paper.
2. Peel and slice squash in half. Remove seeds and stringy pulp.
3. Chop squash into small 1/2-inch cubes. Keep the cubes small and uniform for better results. Place on prepared baking sheet and toss with vegetable oil and 1 teaspoon salt and 1/4 teaspoon pepper.
4. Bake at 450° for 30-35 minutes.

Prepare the dressing:

1. Whisk together the vinegar, mustard, 1/4 teaspoon salt and 1/4 teaspoon pepper. Drizzle in the olive oil while whisking until combined. Set aside.

Prepare the farrow:

1. In a medium sauce pan, bring water to a boil. Add the farrow and 1 teaspoon salt, stir.
2. Reduce heat to medium and simmer for 15-20 minutes.
3. Strain away any excess liquid with a fine mesh strainer and fluff with a fork.

Prepare the salad:

1. Toss the farrow, radicchio, and parsley with half of the prepared dressing. Season with salt and pepper, to taste.
2. Place in serving bowls and top with roasted squash, chopped pears, and blue cheese.
3. Top with additional dressing and serve.

