

COOKING FOR WELLNESS

October 2022 Recipes



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Vegan Wild Rice Stuffed Squash for Two

Sourdough bread, a mix of earthy mushrooms and wild rice fill sweet acorn squash in this vegan Thanksgiving dish that's just the right size for two people. Sweet carnival squash, with its stripes and speckles, is a fun alternative to acorn squash if you can get your hands on one.

Active: 25 mins**Total:** 35 mins**Servings:** 2

Ingredients

1 medium acorn or carnival squash (about 1 1/2 pounds), halved lengthwise and seeded

Pinch of salt plus 1/4 teaspoon, divided

1/4 teaspoon ground pepper, divided

2 tablespoons extra-virgin olive oil, divided

1/2 cup thinly sliced leek (about 1/2 large leek)

1/3 cup chopped celery

1 cup chopped mixed mushrooms

1 clove garlic, minced

1/4 cup dry white wine

1/2 cup cooked wild rice

1 cup toasted sourdough bread cubes (see Tip)

1 teaspoon chopped fresh herbs, such as thyme, rosemary and/or sage

1/3 cup reduced-sodium no-chicken broth or vegetable broth

Directions

If desired, cut a small slice off the bottom of each squash half to help it rest flat. Sprinkle the insides with a pinch of salt and 1/8 teaspoon pepper. Place in a 8-inch-square (or similar-size) microwave-safe dish. Cover with plastic wrap and microwave on High in 4-minute bursts until the squash is fork-tender, 8 to 12 minutes.

Meanwhile, heat 1 tablespoon oil in a medium skillet over medium heat. Add leek, celery and mushrooms. Cook, stirring occasionally, until beginning to brown, about 5 minutes. Add garlic and cook, stirring, for 1 minute. Add wine and cook, stirring, until mostly evaporated, about 1 minute more. Add wild rice, bread cubes and herbs. Stir in broth and the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook, stirring, until heated through and the broth is absorbed; about 1 minute.

Position rack in center of oven; preheat broiler.

Fill each squash half with the stuffing mixture (about 1 cup each). Place in a baking pan or on a baking sheet. Drizzle the stuffing with the remaining 1 tablespoon oil. Broil in the center of the oven until the stuffing is beginning to brown, 2 to 4 minutes.

Tips

Tip: To toast bread cubes: Spread bread on a baking sheet and bake at 350°F until lightly toasted, about 15 minutes.

Nutrition Facts

Serving Size: 1 stuffed squash half

Per Serving: 350 calories; fat 14g; sodium 408mg; carbohydrates 50g; dietary fiber 12g; protein 7g; sugars 2g; niacin equivalents 5mg; saturated fat 2g; vitamin a iu 1484IU.

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BUTTERNUT SQUASH GNOCCHI

with Roasted Tomatoes & Langoustines

These gnocchi are made with butternut squash instead of potato. The tomatoes are slow-roasted in the oven with thyme, rosemary, and garlic. Delicious with langoustines, but equally so with lobster or crab. Fried sage leaves pair really well with the flavors in this dish.

SERVES 4

PREPARATION TIME: 1 HOUR

- 1 small butternut squash (about 2 pounds/1 kg)
- 2 garlic cloves, peeled
- 12 cherry tomatoes, halved
- 6 tablespoons extra virgin olive oil
- Salt and pepper, to taste
- 1 rosemary sprig
- 1 thyme sprig
- 1 teaspoon smoked paprika
- 1 teaspoon ground turmeric
- 1½ cups (200 g) all-purpose flour, plus extra for dusting
- 1 egg, beaten
- 1 teaspoon red pepper flakes
- 4 langoustines, halved lengthwise
- 3 sage sprigs, leaves only

Preheat the oven to 350°F (180°C).

Halve the squash, remove the seeds, and cut the squash into big chunks (leave the skin on). Line a baking sheet with parchment paper and arrange the squash on it. Bake for 30 minutes, until softened. Remove from the oven and set aside to cool. Lower the oven temperature to 250°F (120°C).

Coarsely chop 1 garlic clove. In a baking dish, combine the chopped garlic with the tomatoes, 3 tablespoons of the olive oil, and the rosemary and thyme. Season with salt and pepper. Roast the tomatoes in the oven for 10 minutes, until softened. Remove from the oven and discard the thyme, rosemary, and garlic.

Scoop the flesh out of the squash skin and purée it in a food processor. Transfer to a bowl. Stir in the paprika, turmeric, a pinch of salt, and the flour and egg. Mix well, making sure to get rid of any lumps. Scatter some extra flour on a plate. Using two teaspoons, shape the squash mixture into little balls and dredge them in the flour. Set the gnocchi aside.

Bring a medium saucepan of salted water to a boil and add the gnocchi. They're done as soon as they rise to the surface. Scoop out the gnocchi with a skimmer and drain them well before transferring them to a bowl. Gently coat them with 1 tablespoon of olive oil.

Thinly slice the remaining garlic clove. Heat the remaining 2 tablespoons of olive oil in a large frying pan over medium-high heat. Sauté the garlic and red pepper flakes until softened, stirring constantly, 1 to 2 minutes. Increase the heat and add the langoustines, frying them in the aromatic oil until warmed and lightly colored, 1 to 2 minutes. Remove the langoustines from the pan and fry the sage leaves in the oil until crisp, about 1 minute.

Divide the tomatoes between two plates and add the gnocchi. Top with the langoustines, drizzle with the aromatic oil from the pan, and garnish with the sage leaves.

FALL HARVEST PASTA SALAD

This pasta salad can be prepared with additional or alternate vegetables and fruits, if desired. Pumpkin can be substituted for the squash, and pears can be substituted for the apples. Try a number of combinations that feature seasonal products of fall.

MAKES 6 SERVINGS

- 1 cup diced butternut squash
- ½ cup pearl onions (peeled)
- 1 ear of corn, shucked
- 1 cup quartered mushrooms
- 2 apples, cored and cut into eighths
- 1 cup dry green or pigeon peas

DRESSING

- ¼ cup apple cider
- 2 tsp Dijon mustard
- 1 tbsp maple syrup
- ¼ cup cider vinegar
- 1 tbsp chopped chives, or as needed
- 1 tbsp chopped parsley, or as needed
- ½ tsp kosher salt, or as needed
- ¼ tsp freshly ground black pepper, or as needed
- ½ cup canola oil
- 1 cup halved cooked green beans
- 1 pound whole wheat pasta, cooked

1. Preheat the oven to 400°F.
2. Toss the squash, pearl onions, corn, mushrooms, and apples in a large roasting pan and roast until nicely browned and cooked through, 8 to 10 minutes. Cool completely. Cut the kernels from the ear of corn.
3. For the dressing, combine the cider, mustard, maple syrup, vinegar, chives, parsley, salt, and pepper in a large bowl. Slowly add the oil while whisking constantly.
4. Toss the roasted vegetables, beans, and pasta in a large bowl to combine. Add the dressing and toss to coat. Season with chives, parsley, salt, and pepper, if desired.

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