

Stuffed Delicata Squash

From Eating Well magazine

Ingredients:

2 small delicata squash, about 12 oz each, halved and seeded

6 tsp extra virgin olive oil, divided

1/2 tsp salt, divided

1/2 cup bulgur

1 cup water

1 small onion, chopped

8 oz lean ground beef (90% or more)

2 Tbsp chili powder

1/2 cup nonfat or low fat plain yogurt

4 tsp toasted pepitas

Directions:

1. Preheat oven to 425 F.
2. Brush the cut sides of the squash with 2 tsp oil and sprinkle with 1/4 tsp salt. Place facedown on a large baking sheet. Bake until tender and browned on the edges, 25 to 30 minutes.
3. Meanwhile, bring bulgur and water to a boil in a small saucepan. Reduce heat, cover and simmer until tender and most of the liquid is absorbed, about 10 minutes. Drain well.
4. Heat the remaining 4 tsp oil in a large skillet over medium heat. Add onion; cook, stirring, until beginning to brown, 4 to 5 minutes. Add beef, chili powder, and the remaining 1/4 tsp salt; cook, stirring and breaking up with a spoon, until the meat is cooked through, about 5 minutes. Stir in the bulgur and cook 1 minute. Stir in yogurt.
5. Spoon about 3/4 cup filling into each squash half. Serve sprinkled with pepitas.

Serves 4, 1/2 squash each.

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Creamy Radish Soup

From Eating Well magazine

Ingredients:

2 Tbsp extra virgin olive oil
2 cups sliced radishes (from 2 bunches), divided
1/2 cup chopped onion
1 medium Yukon Gold potato (about 8 oz), peeled and cut into 1-inch cubes
2 cups low-fat milk
1/2 tsp salt
1/4-1/2 tsp white or black pepper
1/4 cup reduced-fat sour cream
1 Tbsp chopped fresh radish greens or parsley

Directions:

1. Heat oil in a large saucepan over medium-high heat. Add 1 and 3/4 cups radishes and onion and cook, stirring frequently, until the onions are beginning to brown and the radishes are translucent, about 5 minutes. Add potato, milk, salt, and pepper to taste. Bring to a boil, stirring occasionally. Reduce heat to a simmer, cover and cook, stirring occasionally, until the potato is tender, about 5 minutes more.
2. Working in batches, puree the mixture in a blender (or in the pan with an immersion blender) until smooth. (Use caution when pureeing hot liquids).
3. Slice the remaining 1/4 cup radishes into matchsticks. Serve each portion of soup topped with 1 Tbsp sour cream, some radish matchsticks, and a sprinkling of radish greens (or parsley).

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Country Cooked Beans with New Potatoes

Ingredients:

1 lb Runner Beans, strung and broken
4 oz Salt Pork, Bacon, Jowl, or Butter
1/2 lb New Potatoes, scrubbed
Salt & Pepper

Directions:

Place green beans in a large pot and push salt pork into center.

Add water to cover beans and bring to boil.

Reduce to medium-low heat and cover.

Simmer until beans are tender (about an hour) then taste, adding additional salt and water if necessary.

Lay potatoes over beans and replace cover to simmer another 30 minutes.

Serve hot.