

Squash Soup

You could even freeze this for later!

Ingredients:

3 yellow squash, rough chopped
3 Zucchini, rough chopped
1 onion, sliced
1 tablespoon olive oil
4 cloves garlic, smashed
1 quart homemade vegetable or chicken stock
Enough water to cover squash
1 bay leaf
¼ cup heavy cream or half n half
Salt and pepper, to taste
Pinch of cayenne

Directions:

Rinse and chopped squash and onion. Heat a 4-6qt pot on med high heat. Add onions, sauté till soft. Add squash, sauté 7 minutes.

Add garlic, bay leaf and stock. Top off with water just until all are covered. Cook until squash are soft. Puree all ingredients but bay leaf in a blender, strain through a mesh colander.

Return to pot, add heavy cream. Season to taste.

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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 (pumpkin seeds that have been shelled)

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 Cucumber Soup

From *The Practical Produce Cookbook* by Ray and Elsie Hoover

Ingredients:

6 cups peeled, seeded and chopped cucumbers

2 cups buttermilk

1 cup sour cream

1/2 cup chopped onions

2-3 tbsp. lemon juice

1 tsp. salt

2 tbsp. minced fresh dill

Directions:

Combine ingredients. Process in a blender until smooth. Chill and serve.