

# recipes

Mo-Th 9am-5pm & Fr 9am-2pm

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**10.15.2025**

## Easy Squash Pudding

### Ingredients

- 1 cup baked butternut squash
- 3/4 cup coconut cream
- 1 Tablespoon coconut oil
- 2 Tablespoon granulated sugar or sweetener of your choice adjusted according to your preference
- 1/4 teaspoon cardamom
- 1/2 teaspoon cinnamon



### Instructions

1. Cut your butternut squash in half. Remove the seeds. Rub the interior of each half with some olive oil or coconut oil. Place halves, cut side down, on a baking tray, and bake in a preheated oven set to 375 degrees F for 35 minutes or until squash flesh is tender. Remove squash from the oven. Let cool a bit and then scoop out the squash flesh. You will be using 1 cup of it for 2 servings of this squash pudding.
2. Add the baked squash into a blender.
3. Then, melt the coconut oil by placing it in a microwave-safe bowl and microwaving it for 20-30 seconds. Then add melted coconut oil into the blender with the squash.
4. Open the can of coconut cream and scoop out as much of the solid parts of the coconut cream as you can and add that to the blender as well.
5. Then add in the sweetener, cinnamon, and cardamom, and blend until all ingredients are well incorporated and the mixture is smooth.
6. Spoon into individual servings jars and chill for about an hour or so.
7. Serve with whipped coconut cream and pomegranate arils

*Adapted from [savoryspin.com](http://savoryspin.com)*

## Fall Chopped Salad



### Ingredients

- 1 small (1 1/2 pounds) butternut squash, peeled and cut into 1/2-inch dice (about 4 cups)
- 2 cloves garlic, minced or 2 teaspoons garlic powder
- 3 Tablespoons oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 2 Tablespoons vinegar (apple cider or white)
- 1 teaspoon honey
- 2 teaspoons spicy or yellow mustard
- 4 cups baby spinach, roughly chopped
- 1 medium tart apple, diced
- 1/2 cup diced or shredded Cheddar cheese
- 1/2 cup toasted chopped pecans or other nut, optional

### Instructions

1. Preheat oven to 400°F.
2. Put squash, garlic, 1 Tablespoon oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a big bowl. Stir them together.
3. Spread on a large baking sheet and roast, stirring once, until tender, about 20 minutes.
4. Meanwhile, mix the rest of the 2 Tablespoons oil, vinegar, honey, mustard, and the rest of the 1/4 teaspoon each salt and pepper in the large bowl.
5. Add the roasted squash, spinach, apple, cheese and nuts. Toss to coat.

*Adapted from [eatingwell.com](http://eatingwell.com)*

**PLEASE NOTE THE  
SCHEDULE CHANGE!**

**ORDER BY THURSDAY, OCT 30. PICK-UP WEDNESDAY, NOV 5.**  
**ORDER BY THURSDAY, NOV 13. PICK-UP WEDNESDAY, NOV 19.**

## How to Peel and Cut Butternut Squash

### Step 1: Remove the Skin

Grab a sturdy peeler and start peeling off the skin. Keep going until you get down to the bright-orange flesh, which usually means a couple of passes with the peeler. You can also use a paring knife.

**Kitchen Hack:** Microwaving the squash will make it much easier to peel. Simply slice off the top and bottom, poke the squash all over with a fork and microwave it on high for about 3 minutes. When it's cool enough to handle, peel the squash.

### Step 2: Slice Crosswise

With a large, heavy knife, on top of a secure cutting board, slice off the top of the squash, then slice the squash in half crosswise, right at the top of the bottom bulging part.

### Step 3: Cut the Top Part Lengthwise

Take the top cylindrical part and cut the whole thing in half from top to bottom.

### Step 4: Cut the Bottom Part Lengthwise

Cut the bulbous bottom in half from top to bottom. You will see a cavity filled with seeds in each half.

### Step 5: Scoop Out Seeds & Strings

Trim off the bottom stem edge of both bottom halves, and use a spoon to scoop out the seeds and any strings.

### Step 6: Cut the Top Into Strips

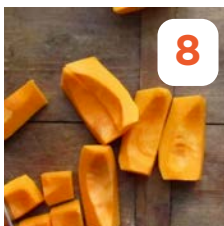
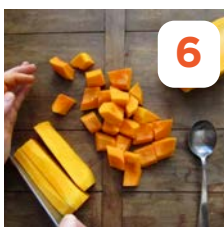
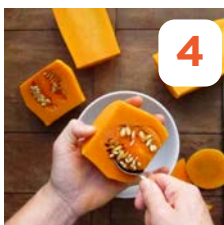
Cut the long, upper halves into 1-inch-thick planks (or to the thickness you desire), then cut those planks into 1-inch-thick strips.

### Step 7: Cut the Strips Into Cubes

Cut the strips crosswise so that you create 1-inch square cubes.

### Step 8: Repeat with the Bottom

Cut the bottom halves into 1-inch-thick strips, and then cut those crosswise into 1-inch pieces (the bottom half will not yield such symmetrical cubes, but that's okay).



## Butternut Apple Crisp



### Ingredients

- 1 small (about 1 pound) butternut squash
- 3 medium tart apples, sliced
- 2 Tablespoons lemon juice
- ½ cup packed brown sugar
- 1 Tablespoon corn starch
- 1 teaspoon ground cinnamon
- ½ teaspoon salt

### For Topping

- ½ cup all-purpose flour
- ½ cup oats (old fashioned rolled or quick-cooking)
- ¼ cup packed brown sugar
- ¼ cup butter, melted

### Instructions

1. Heat oven to 375 degrees F. Lightly grease a 13x9-inch baking dish.
2. Peel squash and cut in half lengthwise; discard seeds. Cut squash into thin slices.
3. In a large bowl, stir together the filling ingredients until well mixed.
4. Pour filling into baking dish. Cover and bake for 20 minutes.
5. In a medium bowl, stir together brown sugar, flour and oats. Mix in the margarine or butter and set aside.
6. Remove baking dish from oven and sprinkle topping over filling. Return uncovered dish to oven.
7. Bake 25 minutes longer or until squash and apples are tender and topping is lightly browned. Serve warm.
8. Refrigerate leftovers within 2 hours.

*Adapted from foodnetwork.com*

*Adapted from foodhero.org*