

Glazed Squash



Ingredients

- 1-2 Acorn squash
- 3 Tablespoons brown sugar
- ¼ teaspoon each salt and black pepper

Instructions

1. Preheat oven to 400 degrees F. Line a rimmed baking sheet with foil. Lightly grease the foil.
2. Rinse the squash, cut in half and scoop out seeds. Cut squash into 1-inch thick slices and lay on baking sheet.
3. In a small bowl, combine brown sugar, salt and pepper. Sprinkle squash with half the seasoning mixture.
4. Bake until sugar has melted, about 4 to 6 minutes. Remove baking sheet from oven and turn squash slices over. Sprinkle remaining seasoning mixture over squash and return to the oven. Bake until squash is tender, about 15 to 20 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

Adapted from foodhero.org

Avocado Cucumber Salad



Ingredients

- 1 cucumber, sliced
- 1 ripe, Avocado, seeded, peeled and cubed
- 1/2 cup parmesan or crumbled feta cheese
- 1 Tablespoon oil
- 1/2 Tablespoon vinegar
- 1/2 clove garlic, minced or ½ teaspoon garlic powder
- 1/4 teaspoon red chili flakes
- 1/8 teaspoon sea salt
- Black pepper, or to taste
- 1/2 Tablespoon lemon juice, or to taste

Instructions

1. In a bowl or jar, layer the cucumber, avocado, and cheese
2. In a separate small bowl, whisk together the oil, vinegar, garlic, chili flakes, salt, and pepper until combined.
3. Pour the dressing over the salad, then shake or toss gently to mix.
4. Drizzle lemon juice over each serving and enjoy.

Notes

- Try adding cooked brown rice and, or chopped tomatoes to make this a meal!

Adapted from californiaavocado.com

Southwestern Stuffed Acorn Squash



Ingredients

- 1-2 acorn squash
- 2 ounces turkey sausage
- ½ small onion, chopped
- ¼ medium bell pepper, chopped
- ½ clove garlic, minced or ½ teaspoon garlic powder
- ½ tablespoon chili powder
- ½ teaspoon ground cumin
- 1 cup chopped tomatoes
- ½ (15-ounce) can black beans, rinsed (see Tip)
- ¼ teaspoon salt
- ½ cup shredded cheese
- Hot sauce- to taste, optional

Instructions

1. Preheat oven to 375 degrees F. Lightly coat a large baking sheet with cooking spray.
2. Cut squash in half horizontally. Scoop out and discard seeds. Place the squash cut-side down on the prepared baking sheet.
3. Bake until tender, about 45 minutes.
4. Meanwhile, lightly coat a large pan with cooking spray; heat over medium heat.
5. Add sausage and cook, stirring and breaking up with a wooden spoon, until lightly browned, 3 to 5 minutes.
6. Add onion and bell pepper; cook, stirring often, until softened, 3 to 5 minutes.
7. Stir in garlic, chili powder and cumin; cook for 30 seconds.
8. Stir in tomatoes, beans, salt and hot sauce (if using), scraping up any browned bits.
9. Cover, reduce heat, and simmer until the tomatoes are broken down, 10 to 12 minutes.
10. When the squash are tender, reduce oven temperature to 325 degrees .
11. Fill the squash halves with the turkey mixture.
12. Top with cheese. Place on the baking sheet and bake until the filling is heated through and the cheese is melted, 8 to 10 minutes.

Adapted from eatingwell.com

Pineapple Pepper Jelly



Ingredients

- 1 ½ cups fresh crushed pineapple
- ½ cup bell pepper, finely chopped
- ½ cup vinegar, white or apple
- ½ teaspoon red pepper flakes
- ½ teaspoon butter
- 1.5 ounces pectin (½ pouch)
- 1 Tablespoons lemon juice

Instructions

1. Combine the sugar, vinegar, bell pepper, red pepper flakes, butter and pineapple in a large pot.
2. Stir until dissolved. Bring the mixture to a full rolling boil and cook for 10 minutes.
3. Watch the pot carefully and lower the heat a bit if the bubbling jelly rises near the top.
4. Add pectin and lemon juice and bring the mixture back to a rolling boil. Cook for 1 minute, stirring frequently.
5. Remove pot from heat and skim off any foam on the surface.
6. Ladle jelly into clean jars leaving a ½-inch space at the top. (this will allow for expansion in the freezer.)
7. Cover with lids and allow the jelly to sit for 24 hours, then place in freezer.

Adapted from thecafesucrefarine.com