

BY Victoria Abbott Riccardi

butternut squash

These bell-shaped beauties offer a feast of fall recipe possibilities

NUTRITIONAL PROFILE

1 CUP RAW CUBED BUTTERNUT SQUASH CONTAINS THE FOLLOWING:

- 63 CALORIES
- 3 G FIBER
- 5 G SUGARS
- 745 MCG VITAMIN A
- 1.5 MG VITAMIN C
- 493 MG POTASSIUM

PHOTOGRAPHY Yunhee Kim FOOD STYLING Maggie Ruggiero PROP STYLING Deborah Williams



Herb-Roasted Squash
and Jerusalem
Artichokes, p. 62

Pumpkins may be October's most eye-catching squash, but smooth-skinned butternut is a beloved fall gourd among farmers and cooks. "Butternut squash is the most widely grown winter squash in the United States," affirms Mark Willis, vegetable product manager at Harris Seeds in Rochester, N.Y. "It's easy to grow, high yielding, and very versatile in the kitchen because it's moister and smoother than other winter squashes and thus great for roasting and mashing." Willis also notes that whole squash will last for several months stored in a cool, dry place, meaning you can stock up on farm-grown butternut squash, then enjoy it throughout the season in soups, salads, sides, and desserts.

Herb-Roasted Squash and Jerusalem Artichokes

SERVES 4

When roasted, Jerusalem artichokes (aka sunchokes) turn soft and starchy and have an earthy taste that pairs well with sweet butternut squash. In this recipe, Jerusalem artichokes are cooked with the skin on for extra flavor and texture.

- 1 lb. butternut squash, peeled and cut into bite-size pieces (2 cups)
- 1 lb. small Jerusalem artichokes, unpeeled and scrubbed
- 1 medium red onion, trimmed and cut into wedges
- 1½ Tbs. garlic oil
- 1 Tbs. minced fresh rosemary
- 1 Tbs. minced fresh thyme

Preheat oven to 425°F. Toss together all ingredients in large bowl. Season with salt and pepper, if desired, and spread on baking sheet. Roast 1 hour, or until vegetables are soft and golden, turning several times with spatula.

PER 1-CUP SERVING: 164 CAL; 3 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 29 G CARB; 0 MG CHOL; 8 MG SOD; 4 G FIBER; 13 G SUGARS  

Butternut Mash with Orange-Sesame Drizzle

SERVES 4 | 30 MINUTES OR FEWER

For a satisfying light supper, serve a salad and a slice of whole-grain bread with a bowl of this sesame-flavored mash.

- 1 lb. butternut squash, peeled and cut into bite-size pieces (2 cups)
- 1¼ cups low-sodium vegetable broth
- 1½ Tbs. thawed frozen orange juice concentrate
- 2 tsp. toasted sesame seeds

- 1 tsp. reduced-sodium tamari
- 1 tsp. toasted sesame oil
- ¾ tsp. minced fresh ginger
- 1 green onion, trimmed and thinly sliced

1. Bring squash and broth to a boil in saucepan. Reduce heat to medium, partially cover, and cook 12 minutes, or until squash is very tender and most of broth has been absorbed. Mash with potato masher until chunky-smooth. Transfer to serving bowl.

2. Whisk together orange juice concentrate, sesame seeds, tamari, sesame oil, and ginger in small bowl. Drizzle over squash, and garnish with green onion.

PER 1-CUP SERVING: 62 CAL; 1 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 11 G CARB; 0 MG CHOL; 105 MG SOD; 2 G FIBER; 4 G SUGARS 

Butternut Squash with Pepita-Cilantro Vinaigrette

SERVES 4 | 30 MINUTES OR FEWER

Pumpkin seeds add nutty flavor and a dash of green to this main dish salad.

- 1 lb. butternut squash, peeled and diced (2 cups)
- 2 cups diced, peeled jicama
- ½ avocado, peeled, pitted, and diced
- 3 Tbs. lime juice
- 2 Tbs. finely chopped cilantro
- 1 Tbs. pumpkin seed oil or olive oil
- 1 clove garlic, minced (1 tsp.)
- ¾ tsp. ground coriander
- 1 pinch cayenne pepper
- 3 Tbs. toasted pumpkin seeds

1. Steam squash in steamer 6 minutes, or until tender when pierced with tip of knife. Cool; transfer to salad bowl, and add jicama and avocado.

2. Whisk together lime juice, cilantro, oil, garlic, coriander, and cayenne

tip

A vegetable peeler does a good job of removing skin from butternut squash.

in separate bowl. Pour over squash mixture, and gently toss to mix. Season with salt, if desired, and garnish with pumpkin seeds.

PER 1-CUP SERVING: 145 CAL; 3 G PROT; 9 G TOTAL FAT (2 G SAT FAT); 16 G CARB; 0 MG CHOL; 8 MG SOD; 7 G FIBER; 3 G SUGARS  

Miso-Braised Butternut Squash

SERVES 4 | 30 MINUTES OR FEWER

This subtly flavored, comforting dish is perfect on a chilly fall evening. Miso adds a savory depth to the braising liquid, which coats the sweet squash chunks.

- 1 lb. butternut squash, peeled and cut into bite-size chunks (2 cups)
- 1 cup low-sodium vegetable broth
- ½ cup light coconut milk
- ¼ cup sweet white miso
- 1 Tbs. minced fresh ginger
- 3 cloves garlic, minced (1 Tbs.)

1. Place squash in large, deep skillet.

2. Whisk together broth, coconut milk, miso, ginger, and garlic in bowl. Pour over squash, and bring to a boil. Reduce heat to medium-low, cover, and braise 10 to 15 minutes, or until squash has softened and liquid has become thick and creamy, stirring occasionally.

PER ¾-CUP SERVING: 89 CAL; 4 G PROT; 3 G TOTAL FAT (2 G SAT FAT); 15 G CARB; 0 MG CHOL; 581 MG SOD; 5 G FIBER; 5 G SUGARS 



BOWL (BACKGROUND) FROM WHITEFORESTPOTTERY.COM; BOWL (BACKGROUND) FROM MUDAUSTRALIA.COM

Butternut Squash Indian Pudding

SERVES 6

Indian pudding is an old-fashioned New England dessert made with cornmeal and molasses. It's delicious, but not the prettiest dessert, so we've given it a makeover by adding butternut squash and baking it. Serve with vanilla ice cream.

- 1/2 small butternut squash
- 2 cups 1% milk
- 1/2 cup yellow cornmeal
- 1/2 tsp. ground cinnamon

- 1/4 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- 1 large pinch salt
- 1 Tbs. butter
- 1/4 cup packed dark brown sugar
- 2 Tbs. blackstrap molasses

1. Preheat oven to 350°F. Place squash half cut-side down on baking sheet. Bake 1 hour. Cool. Scoop flesh from skin, and purée in food processor.
2. Reduce oven heat to 275°F. Coat 1-qt. baking dish with cooking spray.

3. Whisk together milk, cornmeal, cinnamon, ginger, nutmeg, and salt in saucepan. Cook over medium heat 10 minutes, or until thickened. Remove from heat, and blend in butter. Stir in squash purée, brown sugar, and molasses. Pour into prepared baking dish, and bake, uncovered, 1 1/2 hours, or until knife tip inserted in center comes out clean.

PER 1/4-CUP SERVING: 144 CAL; 4 G PROT; 3 G TOTAL FAT (2 G SAT FAT); 27 G CARB; 9 MG CHOL; 99 MG SOD; 1 G FIBER; 18 G SUGARS

