



# Squash Pie



allrecipes



Whole Foods Market  
1686 Boston Post Rd  
MILFORD, CT 06460  
Sponsored

Recipe By: Carol

"A wonderful use for fall squash. If there is too much filling, surplus may be baked in custard cups set in pan of hot water. Do not bake together with the pie, because the steam from the water will make the pie soggy."

## Ingredients

1 recipe pastry for a 9 inch single crust pie  
1 cup white sugar  
1/8 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
1 pinch salt

1 tablespoon butter, melted  
1/2 teaspoon ground ginger  
~~2 cups hot milk~~ 1 can evaporated milk  
2 pounds butternut squash  
3 eggs

## Directions

- 1 Preheat oven to 425 degrees F (220 degrees C). In a small saucepan, cover squash cubes with water. Bring to a boil and cook until tender, about 15 minutes. Drain, cool and mash. Measure out 2 cups of mashed squash and refrigerate remaining leftover amount.
- 2 Mix sugar, salt, and spices. Blend in milk, squash, eggs, and butter or margarine. Pour filling into unbaked pie shell.
- 3 Bake at 425 degrees F (220 degrees C) for 40 minutes, or until a knife blade inserted in the center comes out clean.

**Florida's Natural Pure  
Irish Butter 8 Oz**  
\$2.99 for 1 item -  
expires in 7 days

**Florida's Natural Pure  
Irish Butter 8 Oz**  
\$2.99 for 1 item -  
expires in 8 hours



## bernie's carrot cake

TOTAL TIME: 45 MINUTES

PREP TIME: 20 MINUTES

SERVINGS: 1 BUNDT CAKE

carrot cake

---

### Ingredients

1¼ cup corn oil  
2 cup sugar  
3 eggs  
2 cup of flour  
2 tsp. cinnamon  
2 tsp of baking soda  
2 tsp of vanilla  
1 tsp. of salt  
3 cups of shredded carrots  
1 cup of soaked raisins  
½ cup of crushed and drained pineapple  
1 cup of chopped walnuts

---

### Directions

In large bowl combine ingredients as given. mix well until blended bake in oven for 45min-60 min

#### FROSTING

1/2 CUP OF BUTTER  
1 1/4 CUP CONFECTIONER SUGAR  
8 OZ CREAM SUGAR *cheese*  
1/2 CUP CRUSHED PINEAPPLE  
1/2 CUP CHOPPED WALNUTS

MIX WELL

---

Printed from **Key Ingredient**.

Direct recipe link: <https://www.keyingredient.com/recipes/10929099/bernies-carrot-cake/>

## Oatmeal Bread- 24 oz. loaf

(Bread Machine)

Judy Katz

- 1 ¼ C. Water
- 1 ½ tsp. Salt
- 1 Tbs. Butter
- 1 Tbs. Oil
- 2 Tbs. Honey and/or Agave
- ½ C. Oat Flour
- 1 C. Whole Wheat Flour
- 2 C. Unbleached Flour
- 1 ½ Tbs. Wheat Gluten
- 2-2 ½ tsp. Dry Yeast

Machine settings- Medium darkness, Whole Wheat, 1.5 lbs.



## Maple-Bacon Roasted Apples & Celeriac



Cook  
40 m

Ready In  
40 m

Recipe By: EatingWell Test Kitchen

"Roasted apples and celery root (celeriac) with a maple-bacon glaze make a perfect fall side dish. If you can't find pure maple syrup, use an equal amount of brown sugar plus 1 tablespoon of water in Step 3."

### Ingredients

- 1 large celery root (celeriac), about 1½ pounds, peeled and cut into 1-inch pieces
  - 2 teaspoons extra-virgin olive oil
  - ½ teaspoon freshly ground pepper
  - ¼ teaspoon salt
  - <sup>3</sup>/<sub>7</sub> apples, cut into 1-inch pieces
  - ~~2 slices bacon, chopped~~
  - ¼ cup pure maple syrup
  - ~~1 teaspoon chopped fresh thyme or rosemary or ¼ teaspoon dried~~
- I added 3 tbsp bourbon*

### Directions

- 1 Preheat oven to 450°F.
- 2 Toss celery root with oil, pepper and salt and spread on a rimmed baking sheet. Roast until starting to brown, 10 to 12 minutes. Add apples, toss gently and continue roasting until the apples and celery root are tender, 6 to 10 minutes more.
- 3 Meanwhile, cook bacon in a medium skillet over medium heat, stirring occasionally, until just crispy. Remove to a paper-towel-lined plate with a slotted spoon; discard all but 2 teaspoons of the bacon fat. Add maple syrup to the fat in the pan and bring to a boil, scraping up the browned bits. Add the cooked bacon and thyme (or rosemary). When the celery root and apples are tender, gently toss them with the maple-bacon glaze and roast for about 5 minutes more.

Shopping Tip: Choose unbruised, firm apples with smooth skin. Store for up to 4 months in the refrigerator.

Cut Down on Dishes: A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.

# POLENTA WITH LEEKS AND GORGONZOLA

Garnished with Caramelized Fennel and Onions

\* Make with or w/o onions + fennel. Red or white wine works.

- |   |   |
|---|---|
| 2 large white fennel bulbs  | 1 tsp. butter   |
| 3 large yellow onions   | 6-7 cups any low-salt vegetable broth                       |
| 5 Tbs. fruity green olive oil                                       | 1 cup coarse or regular polenta (yellow cornmeal, page 230) |
| salt and pepper to taste  | 3 oz. Gorgonzola cheese                                     |
| $\frac{2}{3}$ cup dry red wine                                      | chopped flat-leaf parsley                                   |
| 2 very large leeks, white only (about 1 $\frac{1}{2}$ cups, sliced) |   |

Trim the fennel bulbs, wash them well, cut them in half lengthwise, and then slice them about  $\frac{1}{4}$  inch thick. Peel the onions and slice them the same way.

Heat 3 tablespoons of the olive oil in a large non-stick pan and cook the fennel and onions in it slowly, stirring often, adding a little salt and pepper to taste, until they are completely soft and golden brown. Stir in the wine, and continue cooking until it almost all simmers away, then set the pan aside.

Clean the leeks thoroughly, cut them in half lengthwise, then slice them quite thinly crosswise. Heat the remaining olive oil and the butter in a non-stick pan and sauté the leeks in it, stirring them often, until they are soft and beginning to color. Add a little sprinkle of salt—but not too much.

Heat 6 cups of broth in a medium-sized saucepan and whisk in the polenta. Lower the heat and simmer the polenta, stirring with a wooden spoon constantly, or at least very often, until it is thick and smooth, about 30 minutes. Stir in the sautéed leeks; break the Gorgonzola into chunks and stir it in. Keep stirring until the cheese is all melted into the cornmeal. The polenta should be thick and smooth, but not stiff. If it is holding a shape as you stir it, gradually mix in a bit more vegetable broth.

Meanwhile, warm up the caramelized fennel and onion mixture. This too could be moistened with a bit of vegetable broth if needed.

Ladle the polenta into warm, shallow bowls or onto warm plates, and spoon some of the fennel and onion mixture around the polenta. Scatter some fresh flat-leaf parsley across the top and serve at once with a good red wine.

*Serves 6.*

# Cooking

## Quinoa and Squash Gratin

By Martha Rose Shulman    YIELD Serves four to six    TIME 50 minutes

*(Served by Louisa C.)*

### INGREDIENTS

### PREPARATION

<sup>2</sup>  
1 tablespoon extra virgin olive oil

1 medium onion, chopped

Salt to taste

2 to 3 garlic cloves (to taste), minced

\* 1 ½ pounds <sup>(3 medium)</sup> summer squash, diced

1 teaspoon fresh thyme leaves

1 teaspoon chopped fresh rosemary

Freshly ground pepper to taste

3 large eggs

1 cup cooked quinoa *(1/4 cup uncooked)*

½ cup grated Gruyère cheese (2 ounces)

\* try winter squash?

#### Step 1

Preheat the oven to 375 degrees. Oil a two-quart baking dish or gratin. Heat the olive oil over medium heat in a large, heavy skillet, and add the onion. Cook, stirring, until tender, about five minutes. Add a generous pinch of salt and the garlic. Cook, stirring, until fragrant, 30 seconds to a minute. Add the summer squash, thyme and rosemary. Cook, stirring often, until the squash is tender but not mushy, about 10 minutes. Season to taste with salt and pepper, and remove from the heat.

#### Step 2

Beat the eggs in a large bowl, and stir in the squash mixture, the cooked quinoa and the cheese. Mix well and season, then scrape into the baking dish. Place in the oven, and bake 35 minutes or until it's set and the top is lightly browned. Serve hot, warm or room temperature.

*(Optional: sprinkle parmesan on top)*  
Tip 5-10 minutes before done

*No more  
Don't overcook*

*Advance preparation: You can prepare the squash through Step 1 up to a day or two before you assemble the gratin. The gratin will keep for four or five days in the refrigerator and reheats well.*

### PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

# Moroccan-Style Spicy Carrot Dip Recipe

J. KENJI LÓPEZ-ALT

Spicy, pungent harissa and briny olives balance the sweetness of puréed glazed carrots.

**Note:** Harissa is a Tunisian spice pasted made from piri-piri peppers. It can be found in cans or bottles in most major supermarkets or specialty grocers.



**YIELD:** makes about 1 quart dip, serving 12 to 16

**ACTIVE TIME:** 10 minutes

**TOTAL TIME:** 25 minutes

## Ingredients

2 pounds carrots, peeled and cut into rough chunks

1 tablespoon sugar

Kosher salt

1 teaspoon ground cumin

1/2 teaspoon ground coriander

2 medium cloves garlic, minced (about 2 teaspoons)

1 (1-inch) knob ginger, grated on the medium holes of a box grater

2 tablespoons capers, drained

1/4 cup pitted green olives, roughly chopped

1/4 cup fresh parsley or cilantro leaves

2 tablespoons harissa, or more to taste (see note)

1/2 cup extra virgin olive oil

1 recipe [grilled naan](#) or store-bought flatbread heated on grill or in a dry skillet

## Directions

1. Place carrots in a large saucepan and cover with water by 1/2 an inch. Add sugar and 1 teaspoon salt. Bring to a boil over high heat and cook, stirring occasionally, until carrots are tender, liquid has evaporated, about 15 minutes. Continue to cook, stirring constantly, until sugar is a golden blond caramel color, about 5 minutes longer. Remove from heat and immediately add half a cup of water. Transfer carrots and caramel to the bowl of a food processor.
2. Add cumin, coriander, garlic, ginger, capers, olives, parsley (or cilantro), and harissa. Pulse until the carrots are roughly chopped, 6 to 8 one-second pulses, scraping down the sides of the processor as necessary. With processor running, drizzle in most of olive oil, saving a couple tablespoons for garnish. Season to taste with more salt.
3. Transfer to a serving bowl, drizzle with remaining olive oil, and serve with warm flatbread.



# Cheddar & Broccoli Soup

- Lactate milk -  $\frac{1}{2}$  cup
- Sour Cream -  $\frac{1}{4}$  cup
- chop Broccoli - 1 cup
- chop carrot -  $\frac{1}{4}$  cup
- chop onion -  $\frac{1}{4}$  cup
- Shred Low Sodium cheddar cheese - 1 cup
- Salt & Pepper - T.T.

# Vegetarian chili

- Black Bean - 1 cup
- Frozen: Peas -  $\frac{1}{4}$  cup
- chop onion
- chop carrot
- corn
- Green Bean
- Red Bell Pepper
- Yellow Bell pepper
- Dice Tomato
- $\frac{1}{2}$  cup
- 4 Tbsp - Chili Powder
- 2 Tbsp - Paprika
- Dry Garlic (Mine) -  $\frac{1}{4}$  cup
- 2 Tbsp - Brown Sugar
- Tomato Paste -  $\frac{1}{4}$  cup (organic)
- Salt & Pepper - T.T.



## **Butternut Squash, Carrot, Leek, Onion Soup**

### **Ingredients:**

Vegetable broth- (one 32-ounce box)

2 medium/1 large butternut squash

10 big carrots

3 big cloves garlic

2 big onions

The whites of 2-3 leeks- washed and chopped

A handful of fresh cilantro and/or basil

A handful of fresh parsley

Cut the butternut squash lengthwise, remove the seeds, and place the butternut squash face down in an oblong Pyrex pan. Add a half inch of water to the pan and cover the whole pan with aluminum foil. Bake at 350 degrees for an hour and ten minutes or until the butternut squash is tender. Let it cool a bit, then scoop out the squash from its skin. Blend the butternut squash in a blender with vegetable broth.

Meanwhile, peel, chop, and boil the carrots on the stove until the carrots are tender. Let cool a bit so you don't burn yourself. Blend the carrots and the water that they boiled in in the blender. Add to the butternut squash broth. Sauté the garlic, onion, and leeks. Blend the sautéed garlic, onions, leeks, as well as the uncooked cilantro, basil, and some of the parsley in more vegetable broth or water. Add it to the previous mixture. Add and blend in more vegetable broth and/or water to the desired consistency. Stir thoroughly and reheat to desired heat. Add a bit of parsley on top as garnish if you wish.

Recipe by Mary Gorham

EETCH [Armenian Bulgur Salad]  
Anahid Kapoian

2 cups bulgur (#1 or #2)  
1 cup boiled water (up to 2 - 3 cups, as needed)

1 diced onion  
1 diced green or red pepper (or a combination)  
1 tablespoon butter  
1/2 - 2/3 cup olive oil  
1 15 oz. can peeled diced tomatoes (with or without basil)  
1 tablespoon tomato paste  
1 teaspoon salt (to taste)  
1/2 teaspoon black pepper (to taste)  
1/2 teaspoon cayenne (to taste) or hot pepper paste  
1-2 lemons  
Chopped parsley and scallions

Parsley, scallions, and large leaves of lettuce for garnish

Pour boiling water on top of bulgur and let sit in large bowl. Meanwhile, cook onion and pepper first in butter, then in olive oil, 10 minutes. Add tomatoes and paste. Simmer for 5 minutes before adding salt, pepper, and cayenne. Simmer 5 minutes more.

Remove from heat and add to bulgur, with lemon juice, mixing well. If too dry, add more hot water (consistency should be very moist, but not soupy). Let sit 30 minutes more before adding chopped parsley and scallions. Refrigerate. Garnish with chopped parsley (and scallions, optional) and serve on large lettuce leaves.