

Butternut Squash Risotto

Adapted From: Oh My Dish
TOTAL TIME: 30 MINS

Prepared By: Natalie Tarbet
SERVINGS: 4

Ingredients

500 gram (18 oz) raw pumpkin pieces (for example butternut squash)
1 shallot
2 garlic cloves
300 gram (10 oz; 1 1/3 c) risotto (short grain, Arborio) rice
olive oil for baking
100 ml (1/2 c) dry white wine
about 750 ml (3 c) vegetable stock (store-bought or make your own)
pepper and salt to taste
Grated Parmesan cheese

Instructions

1. Create pumpkin puree: Fill medium-sized pot with water and salt and bring to a boil. Peel pumpkin and cut half in pieces for the puree. Cook pumpkin pieces for about 10 minutes, till soft.
2. Meanwhile dice the other half of the pumpkin into small cubes. Peel shallot and garlic cloves and cut them as fine as you can.
3. Drain pumpkin pieces and use a fine sieve and ladle to create a pumpkin puree.
4. Prepare the risotto: Heat olive oil in large skillet and saute chopped shallot and garlic for 2 minutes on medium-high heat. Add rice and turn heat to medium. Saute rice for at least 5 minutes, you'll notice a gloss on the rice, that means it's ready for the liquid to be added.
5. First add white wine and cook until it has evaporated. Add stock 1/4 cup at a time; this way the rice will absorb the liquid. Every time stock has evaporated, add some more. Don't over stir, but stir it with a silicone spatula once in a while to prevent it from burning.
6. After about 10 minutes, add the pumpkin puree and keep on stirring once in a while. When rice is almost done, about 15 minutes later, add the diced pumpkin. Cook the risotto for another few minutes. The risotto is ready when it still has a little bite; don't let it become mushy!
7. Season with pepper and salt. Serve with grated Parmesan cheese and garnish with parsley if you like.

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Eat Well Watertown
Fall Harvest Fest: Glorious Winter Squashes
October 10, 2019
6:30-8:00pm
Watertown Free Public Library



Co-sponsored by the Watertown Health Department &
Watertown Free Public Library

For more information about our programs, contact:

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Pumpkin Pancakes

Adapted From: WillCookforSmiles.com

Prepared By: Carabeth Connolly

Ingredients

15 oz can pumpkin puree	1 ³ / ₄ cup all purpose flour
2 eggs room temperature	2 tsp pumpkin pie spice
¹ / ₄ cup canola oil	1 tbsp baking powder
1 ¹ / ₄ cup low fat buttermilk	1 tsp baking soda
¹ / ₄ cup brown sugar	¹ / ₂ tsp salt
1 tsp vanilla extract	

Instructions

1. Combine wet ingredients, pumpkin puree, and sugar in a mixing bowl. Whisk it all together until smooth.
2. Add baking powder, baking soda, and salt and whisk it in.
3. Add flour and pumpkin pie spice. Slowly whisk it in until evenly combined throughout.
4. For best results, **let the batter sit on the counter for about 15 minutes**. This will give baking powder and baking soda time to activate and interact with other ingredients and result in perfectly fluffy pancakes.
5. **Preheat the pan** (or the griddle) over medium heat. Add a little bit of oil to the pan if needed, spoon pancake batter into the hot pan and let it cook on that side until you start to see little bubbles appear over the top. Those little bubbles are your clue that pancakes are ready to flip. Flip and finish cooking. Cooking the other side of the pancake will take much less time so keep an eye on it.

Or, make your own:

Pumpkin Puree: Use 3 ¹/₂ cups pureed cooked sugar pumpkin or butternut squash.

Pumpkin Pie Spice: Combine 1 tsp. cinnamon with ¹/₂ t. ginger, ¹/₄ tsp. cloves, ¹/₄ tsp. nutmeg. Optional shake cardamom and/or allspice.

Roasted Winter Squash Seeds

Prepared By: Carabeth Connolly

Ingredients

- 1 cup winter squash seeds
- 1 tablespoon olive oil
- ½ teaspoon salt, or to taste

Instructions

1. Preheat the oven to 275 degrees F (135 degrees C). Line a baking sheet with parchment paper or aluminum foil.
2. After removing the seeds from the squash, rinse with water, and remove any strings and bits of squash. Pat dry, and place in a small bowl. Stir the olive oil and salt into the seeds until evenly coated. Spread out in an even layer on the prepared baking sheet.
3. Bake for 15 minutes, or until seeds start to pop. Remove from oven and cool on the baking sheet before serving.



Though commonly thought of as vegetable the squash and its cousins are technically a fruit. The dictionary definition of Fruits is that they are the edible reproductive body of a seed plant, especially one having sweet pulp. This encompasses different varieties such as pumpkins, butternut, acorn, summer and autumn squash.

Squash is one of the most versatile and delicious vegetable/fruit and has multiple nutritional benefits. Of note, it is one of the oldest known crops. It dates back to 10,000 years ago. It was mostly found in Mexico and Central America and was known as KUTASQUASH which means uncooked or eaten raw.

In addition, seeds from squash (all types) are a great source of fiber and protein and are rich in vitamins A and C. When roasted lightly (with little to no salt or with dash of pepper) they are crunchy, fun to eat and a great snack.

1 cup of butternut squash has:

82 calories

22 gm carbohydrates

2 gm protein

7 gm fiber

Great source of vitamin A, C, E, B1, Folate, Magnesium, Potassium and Manganese

Some of the listed health benefits attributed to squash are

- May help with weight loss because it is low in calories and is full of fiber, thus giving the feeling of fullness without adding calories
- May help reduce cholesterol: the vitamin and mineral content of squashes helps lower the cholesterol
- May help cardiovascular disease: the potassium and magnesium in the squash helps lower the risk of cardiovascular disease
- May help lower the risk of diabetes because it has a high fiber content and because it contains a lot of pectin which assists in controlling blood sugar levels
- May help with vision due to high content of vitamin A



Autumn Quinoa & Winter Squash Salad with Maple Cider Vinaigrette

Adapted From: Wine & A Wooden Spoon

Prepared By: Ashley Wenger/Stephanie Venizelos

SERVINGS: 4

Ingredients

2 - 3 lbs winter squash, peeled and seeded, cut into 1 ½ inch cubes*

4 tbsp butter, melted

2 tsp kosher salt, divided

Freshly ground black pepper, to taste

1 ½ cup quinoa, rinsed

2 cups water

2 cups chopped, cleaned kale

½ cup dried cranberries

½ cup pumpkin seeds, toasted

½ cup cheese (Parmesan shreds, blue cheese crumbles or goat cheese crumbles)

Maple Cider Vinaigrette, recipe follows

*Winter squash varieties could include butternut, acorn, or delicata. If using acorn or delicata, squash does not need to be peeled

Instructions

1. Prepare squash. Peel (if needed) & cut into 1½ inch cubes. Pre-heat oven to 425.
2. Spray a large rimmed baking sheet with cooking spray and add squash, butter, and 1 tsp salt and black pepper to taste. Mix ingredients until squash is coated. Bake squash 25-30 minutes, until side resting on baking sheet is browned. Then flip squash and return to oven for an additional 5-10 minutes, until it reaches desired brownness.
3. While squash is cooking, prepare quinoa. Bring water to a boil in a medium saucepan and add quinoa. Once water returns to a boil, reduce heat, cover pan, and simmer 12-15 minutes, until water is absorbed. Allow quinoa to rest, covered, for about 5 minutes, then fluff with fork and add to large bowl.
4. Once quinoa is in the bowl, add kale, cranberries, pumpkin seeds, and cheese. Add squash once it is done. Season with 1 tsp salt and pepper to taste. Add about half of the maple cider vinaigrette and taste. Add more vinaigrette as desired. Serve hot, room temperature, or chilled.

Maple Cider Vinaigrette

In mason jar, add:

½ cup extra virgin olive oil

¼ cup apple cider vinegar

juice of ½ lemon

1 Tablespoon thyme leaves

2 Tbsp maple syrup

1 tsp Dijon mustard

1 tsp kosher salt

freshly ground black pepper, to taste

Place lid on jar and shake thoroughly, until ingredients are well mixed.