

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Butternut Squash and Apple Purée

From Everyday Food

This would make a great side dish for many meat entrees. We served ours with Turkey meatloaf (see past healthy recipe of the week) instead of the traditional mashed potatoes.

Serves 8

6 tablespoons butter*

1 medium onion, finely chopped

Coarse salt and ground pepper

1 large butternut squash (about 2 ½ pounds), peeled, seeded, and cut into 1-inch cubes

4 Gala or other sweet apples (about 2 pounds total), peeled, cored and cut into 1-inch cubes

1. In a large skillet with a lid, heat 2 tablespoons butter over medium; add onion, and season with salt and pepper. Cook, stirring occasionally, until softened, 3 to 5 minutes.
2. Add squash, apples, and 1 cup water. Cover, and simmer until squash is tender and most of the liquid has evaporated, 15 to 20 minutes. (If skillet becomes dry, add a little water; if liquid has not evaporated by the time squash is cooked, drain.)
3. Transfer squash mixture to a food processor. (If you don't have a food processor, mash first with a potato masher, then continue with a hand mixer until smooth.) Add remaining 4 tablespoons butter; process until smooth. Season with salt and pepper; serve. (If serving later, gently reheat in a medium saucepan over low.)

*If you would like to omit the butter, simply sauté the onion in a little extra-virgin olive oil, and do not put the 4 tablespoons in the food processor with the other ingredients.

This would also make a great homemade baby food. Just put into ice cube trays, freeze, then pop them out and put in a freezer proof storage bag. Defrost as needed.