

Healthy Recipe of the Week



Use organic ingredients whenever possible.

Pureed Butternut Squash with Ginger

Originally from "How to Cook Everything" by Mark Bittman

Makes 4 servings

1 1/2 pounds butternut or other winter squash, peeled and cut into chunks (Use a cleaver or very large knife to split the squash in half. Scoop out the seeds and strings and discard.

Peel with a vegetable peeler or paring knife.)

2 tablespoons butter

1 to 2 teaspoons peeled and roughly chopped fresh ginger or 1 teaspoon ground ginger, or to taste

Salt and freshly ground black pepper to taste

1 teaspoon brown sugar, or to taste (optional)

1. Place the squash in a steamer basket above about 1 inch of salted water. Cover and cook until the squash is very tender, about 20 minutes. You can also use a steamer if you have one.

2. While it is still hot, place the squash in the container of a food processor with the butter and ginger; process until smooth. Taste and add salt, pepper, and brown sugar if you like. (You may prepare the recipe in advance up to this point; refrigerate, well wrapped or in a covered container, for up to 2 days before proceeding.)

3. If you did refrigerate the squash, reheat over low heat and serve.

Try any of the following, alone or in combination to change the flavor of the squash:

1. A seeded jalapeno or other chile

2. A small handful of fresh herbs, including parsley, cilantro, mint, and sage

3. Maple syrup or honey in place of brown sugar

4. Olive oil in place of butter

5. Other ground spices in place of ginger, including cardamom, cinnamon, mace, and nutmeg

6. Curry powder or other spice mixtures