

Roasted Winter Squash

- 2 medium butternut squash
- 6 tablespoons unsalted butter, melted
- 1/4 cup light brown sugar, packed
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper

Preheat the oven to 400 degrees F.

Remove the ends of each butternut squash. Peel the squash, cut them in half lengthwise, and remove the seeds. Cut the squash into cubes and place them on a baking sheet. Add the melted butter, brown sugar, salt, and pepper. Toss all the ingredients together and spread in a single layer on the baking sheet. Roast for 45 to 55 minutes, until the squash is tender and the glaze begins to caramelize. While roasting, turn the squash a few times with a spatula, to be sure it browns evenly. Taste for seasonings and serve hot.

Thai Coconut Winter Squash Soup

- 1 tablespoon canola oil
- 2 cloves garlic, minced
- 1 small yellow onion, diced
- 1 teaspoon ginger, freshly grated
- 1 1/2 tablespoons Thai red curry paste
- 2 cups chicken or vegetable broth
- 4 cups butternut squash, peeled, seeded, cubed
- 1 (15-ounce) can coconut milk
- Juice of 1/2 lime
- 1/2 teaspoon Sriracha, optional
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/3 cup cilantro, chopped, to garnish
- 1/3 cup unsalted, dry-roasted peanuts, chopped

1. Heat the oil in a pot over medium heat. Add in the garlic and onion, and sauté until soft and fragrant, about 3 minutes. Add in the ginger and curry paste and stir to combine with the onion and garlic. Cook for 3 more minutes, stirring often.
2. Add in the raw butternut squash cubes and slowly pour in the broth, stirring to combine. Bring to a boil and then reduce heat to a simmer and cover. Cook for 20 minutes, or until butternut squash is tender. Remove from heat and let cool for a few minutes.
3. Blend with immersion blender or food processor till smooth.
4. Before serving, remove from heat and mix in the coconut milk (saving a few tablespoons to garnish), lime juice, salt, pepper, and Sriracha (if using). Mix well. Serve sprinkled with chopped cilantro and chopped peanuts.

Winter Squash Chili

- 1 medium onion - diced
- 1 red pepper - seeded and diced
- 14 oz fire roasted diced tomatoes
- 14 oz kidney beans - drained and rinsed
- 4 cups butternut squash - peeled and diced
- 2 cups vegetable or chicken broth - low sodium
- 1 cup corn - fresh or frozen
- 3 cloves garlic - minced
- 2 chipotle peppers in adobo - minced (remove seeds)
- 2 tablespoons cumin
- 1 tablespoon chili powder
- 1 tablespoon smoked paprika
- 1 teaspoon oregano
- salt and pepper to taste

1. Place all ingredients in your slow cooker and heat on High for 4 hours or Low for 8 hours.
2. Garnish with scallions, Greek yogurt, and cilantro or crushed tortilla chips.

Notes

The chipotle peppers with adobo carry most of their heat in the seeds so scrape out if you want to keep the chili on the mild side.