

Available Now...

Squash

Squash has been a fall favorite even before the first Thanksgiving feast years ago. Winter squash comes in many varieties including acorn, banana, buttercup, butternut, carnival, golden nugget, kabocha, spaghetti, sweet dumpling and turban.

Hard shell squash can be served alone or as a side dish. Only the meat is edible, so hard shell squash must be cooked in whatever form pleases the pallet.

Select squash that is heavy for its size, with a dull appearance and a hard rind.

Look for fresh Colorado squash at your local grocery store or at restaurants across the state.

Each month the Colorado Department of Agriculture will feature a different commodity to highlight the variety and quality of products grown in the state. Visit www.ag.state.co.us/mkt/mkt.html for a complete list of recipes.

Acorn Cabbage Bake

Chef Bob Holloway, The Ranch Country Club, Westminster, Colorado

- 2  Large acorn squash
- 1/2 lb. Breakfast sausage meat
- 2 tbsp. Butter
- 1 Medium onion, chopped
- 1 Small red apple, pared, chopped
- 2 cups Green cabbage, shredded
- 2 tbsp. Slivered almonds
- 3/4 tsp. Salt
- 1/4 tsp. Pepper
- 1/4 tsp. Whole thyme
- 1/2 tsp. Crumbled dried leaf sage

Cut squash in half lengthwise and scoop out seeds and fibers. Place cut side down in baking pan and add 1/2 inch water. Bake in preheated 400°F oven for 20 minutes.

While squash is baking, cook sausage meat in skillet until browned and drain off excess fat. Combine butter onion, apple, cabbage, and almonds in pan, then cook until vegetables are tender. Add seasonings and mix well.

Turn squash halves cut side up; fill centers with cabbage mixture. Return to baking pan and bake in oven 400°F for 30 minutes.

Enjoy with a Colorado wine, such as a glass of Gewurztraminer from Terror Creek Winery, located in Paonia, Colorado.



Next Month... Potatoes