

Available Now... Squash

Butternut squash wasn't introduced commercially until 1944. It can be used as a substitute in any recipe that calls for pumpkin.



Fun Facts

There are many varieties of winter squash including acorn, banana, buttercup, butternut, golden nugget, spaghetti, sweet dumpling and turban. Winter squash is nutritious, providing vitamins A and C, potassium and fiber. When choosing a squash, select one that has a hard tough rind and that is heavy for its size.



Fresh Inspirations...

Autumn Squash Au Gratin

Ingredients

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| 1 Acorn Squash | 1-1/2 Cups Pecan Pieces, roasted |
| 1 Butternut Squash | 1 Cup Parmesan Cheese, shredded |
| 1 Spaghetti Squash | 1 Cup Pecorino Romano Cheese, grated |
| 1/4 Cup Olive Oil | 2 Cups Heavy Whipping Cream |
| Kosher Salt | Parsley, finely chopped |
| Black Ground Pepper | |

Directions

Preheat oven to 400 degrees. Cut and seed all squash, rub both sides with olive oil and season with salt and pepper. Place skin side up onto a cookie sheet and roast at 400 degrees for approximately 40 minutes, or until squash is tender. Remove from the oven and chill for about 30 minutes in the refrigerator. Once cool, peel the squash and keep separate on the side. Dice the acorn squash, mash the butternut squash and pull the spaghetti squash. Spray an 8x8 square cake pan with non stick spray. Place the spaghetti squash on the bottom then alternate layering the squash with cream, Pecorino cheese and Parmesan. On the final layer, top with pecans, cream and cheese. Cover with foil and roast in a 350 degree oven for 30-35 minutes, then remove the foil and allow the cheese to melt and brown slightly. Garnish with chopped parsley.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District

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