

Farro salad with basil pesto and Delicata squash

serves 2

1 small delicata squash
2 tablespoons EVOO
½ cup of farro
2 cups of chicken or vegetable broth or water
Juice and zest of one lemon
1 cup of arugula, kale or spinach, chopped or torn (we used baby kale)
2 ounces of burrata or feta cheese
3 tablespoons of pine nuts, walnuts (crushed) or almonds
salt and pepper



For Pesto

¼ cup loosely packed basil
¼ cup loosely packed fresh mint
¼ cup of fresh parsley
1 small garlic clove chopped
salt
1 tablespoon of EVOO



Preheat the oven to 375. Wash squash, halve it and remove seeds and place on baking sheet cut side up, drizzle EVOO, salt and pepper and cook for 15 minutes or so. No need to remove the skin.

When cooked and nicely browned, remove from oven, cool and chop into ½ inch dice.

To cook the farro, use a medium pot over medium heat. Toast farro slightly in pot then add 2 cups of water or chicken stock to just cover the farro and simmer for 30 minutes. Drain and place in large bowl.

Make the pesto by combining the ingredients in a food processor and “slowly” drizzle the EVOO to get the consistency of a thick paste.

Toss the farro with 2 tablespoons of pesto, season with salt and pepper to taste then add lemon juice, lemon zest, and 1 or 2 tablespoons of EVOO. Gently fold in the arugula, kale or spinach, add the squash, burrata or feta and nuts. Toss all together and serve.

Baked Acorn Squash with Maple Apples and Pecans

Serves 4

2 acorn squash
1 tablespoon melted butter or EVOO plus 1 Tbsp. for baking
½ cup pecans (chopped or whole)
1 granny smith apple, peeled and diced
2 tablespoons of grade B maple syrup
Sea salt



Preheat oven to 400. Slice the squashes in half, remove the seeds and cut a portion off the bottom so they stand flat. Score the inside of the squash in checkerboard fashion without cutting all the way through the squash to allow the butter or EVOO to seep in.

Brush the insides of the squash with the melted butter or EVOO

Place the squash cut side down on baking sheet and bake for 25 minutes



While the squash is baking, toss the pecans with the diced apple

Flip the squashes over (careful it's hot) and place 1/4 of the pecan/apple mixture in each cavity and ¼ of the tablespoon of butter on top of each, sprinkle with sea salt and bake for additional 20 minutes

When squash is fork tender and brown, pull from oven and drizzle the maple syrup on each half and serve

Butternut Blondies with White Chocolate Chunks

(made beforehand and discussed on the show)

Makes 2 dozen

Grated butternut squash and fresh nutmeg add earthy notes to these addictive sweets. To grate the squash, use a box grater or food processor. Make up to two days ahead, and cut them just before serving.

- 4 tablespoons melted butter, plus more for the pan
- 1 1/2 cup peeled and grated butternut squash
- 1 1/4 cup whole wheat pastry flour
- 1 cup white chocolate chunks
- 1 teaspoon baking powder
- 1 1/2 teaspoon grated nutmeg (can also use garam masala, pumpkin pie spice or even 5 spice powder for more exotic taste)
- 1/2 teaspoon fine sea salt
- 1 cup light brown sugar
- 2 eggs
- 1 tablespoon vanilla extract



Preheat oven to 350°F. Grease an 8-inch square baking pan with butter; set aside. In a medium bowl, toss together squash, flour, chocolate, baking powder, nutmeg and salt.

In a large bowl, whisk sugar and eggs together until pale and thickened, 1 to 2 minutes. Whisk in butter and vanilla, then add flour mixture and stir together just until combined.

Transfer to prepared pan and bake until just set in the middle and golden brown around the edges, about 30 minutes.

Set aside to let cool, then cut into 24 squares and serve