



## *Casa Marianna*

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## *Cooking Tip #7*

Winter squash is one of my favorite vegetables. It can either be baked (30-60 minutes) or steamed (10-15 minutes) until tender. Since baking takes longer than steaming, I only opt to bake my squash when I am already using the oven for something else. Many of the small winter squashes like Delicata, Sweet Dumpling and Carnival can be eaten skin and all.

For heavier skinned squash, it might be easier to peel the squash first and then steam it. Mash it with butter and soy sauce or make a simple soup.

Sauté some onions and mushrooms in a bit of olive or grape seed oil until just soft. Puree the cooked squash with enough water to make a thick soup base (if you cooked the squash with its skin on, you might want to strain the squash puree

## *About Squash*

before adding to the soup pot). Add to the onions and mushrooms with some fresh or dried rosemary and salt or Bragg's Amino Acids. Reheat and season with pepper.

Yum, enjoy.

Save the seeds and roast them in a low oven mixed with a little olive oil and salt until lightly browned.

Winter squash is a good source of fiber and an excellent source of complex carbohydrates and Vitamin A.

