

# food & family

## A Harvest Of Squash Recipes To “Fall” For

(NAPSA)—Fall markets are awash in squash! With so many to choose from, it's easy to get confused. Michelle McAdoo, contributor to *food & family* magazine, has demystified the many varieties and put the sweet butternut on center stage.

### Butternut Squash Tips

- Choose squash that's heavy for its size with no blemishes or moldy spots. Check the stem end for signs of rotting.

- To prepare, chop off either end of butternut squash and peel with knife. Slice in half to remove seeds and cut as desired. Squash can be prepared a day in advance and stored covered in the fridge.

- Store whole squash in a cool, dark place for up to a month.

Celebrate autumn with two different squash suppers.

### PORK AND SQUASH DINNER

- 4 pork chops
- 1 cup shredded red cabbage
- 1 butternut squash, cut into thin wedges
- ¾ cup sweet and tangy French style dressing
- 2 apples, chopped
- ½ cup orange juice
- 2 Tbsp. fresh ginger

**COOK** pork chops, cabbage and squash with ¼ cup dressing in a large skillet for 15 min. or until squash is tender.

**ADD** apples, remaining ½ cup dressing, orange juice and ginger. Simmer 5 min.



Butternut squash can be a delicious—and hearty—part of your seasonal harvest. One delectable way to prepare it is as a part of this rich and savory Roasted Vegetable Stew.

### ROASTED VEGETABLE STEW

- 6 Italian sausages, chopped
- 1 onion, sliced
- 4 cups cubed butternut squash
- 1 cup creamy Caesar dressing
- 1 cup tomato sauce

**COMBINE** sausages, peppers, onion and squash in a large baking dish.

**MIX** dressing and tomato sauce; pour over dish.

**BAKE** at 400°F for 45 minutes or until vegetables are tender.

### Decorating Tips

In addition to these great fall recipes, you can bring the harvest to your table by creating an earthy centerpiece:

- Decorate tiered cake plates with gourds and leaves.

- Collect fall leaves for place cards and write your guests' names on them with a metallic marker.

- Carve out a selection of mini gourds and set a tea light inside each for gentle illumination.

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