



Winter Squash Gratin

2 to 2 1/2 pounds butternut squash
2 cloves garlic, minced
1/2 cup chopped parsley
3 tablespoons whole wheat flour
1 tablespoon olive oil
Salt and pepper to taste

Preheat the oven to 350 degrees. Oil or spray a 9-x 13-inch shallow baking dish. Peel the squash and cut it into even-sized cubes, about 1/2 to 1 inch. Toss it with the garlic, parsley, salt, and pepper. Add the flour and toss again until the pieces are coated lightly, letting the excess fall to the bottom. Pile the squash into the dish and drizzle oil over the top. Bake, uncovered, until the squash is browned and tender when pierced with a knife, about 1 hour.

Serves 4 to 6. *Per serving: 127 calories, 3 grams fat, 26 grams carbohydrate, 11 mg sodium, 0 mg cholesterol, 4 grams fiber.* Adapted from *Vegetarian Cooking for Everyone* by Deborah Madison.

Since peeling winter squash is not an easy job, Lucy recommends baking the squash at 350 degrees for 10-15 minutes. Let it cool and peel the skin off with a knife. The original recipe called for 5 cloves of garlic, which is fine, if you're a serious garlic lover, but too much for most people. Although olive oil is heart healthy, I reduced the recipe's generous quantity to 1 tablespoon.

Winter squash is packed full of nutrients, including vitamins A and C, potassium, magnesium, and carotenoids. Look for a squash that is heavy for its size and has a hard rind, free of soft spots, cracks, and bore holes. If you do not have a dry, cool place to store your squash, hold it at room temperature and eat it within one week. The sweetest squash tend to be those with the deepest colored flesh. Try more than one variety of squash; they're all delicious! My favorites in addition to butternut are hokkaido, delicata, and kabucha. Steaming is a quick (10 minutes) and simple way to prepare squash. If you have more time, baking helps bring out its natural sweetness.

Your Partners in Health,
Candace and Lucy