

## Spiced Squash Soup

- ¼ C unsalted butter
- 2 large onions, diced
- 2 large tart apples
- 1 tsp nutmeg, ground
- ½ tsp allspice, ground
- ½ tsp cinnamon, ground
- 4 acorn or butternut squashes
- 3 qts chicken stock or broth

1. Prepare the apples and squashes by peeling, removing seeds, and dicing.
2. Melt butter in large pot over medium heat.
3. Add onions and apples and cook until tender, about 10 minutes.
4. Stir in spices and cook for one minute.
5. Add squash and chicken stock and simmer uncovered about 20-30 minutes.
6. Purée and season with salt and pepper to taste.
7. Add additional stock if a thinner consistency is desired.

Yields 6-8 servings.

*image from [www.browneyedbaker.com](http://www.browneyedbaker.com)*



## Shaker Squash Casserole

- 2 lbs yellow crookneck or zucchini squash
- 4 tbs butter
- 3 eggs, beaten
- 1 can cream of mushroom soup
- 1 onion, sliced
- ¾ tsp salt
- ½ tsp pepper
- ¼ C cracker crumbs
- ¼ C parmesan cheese

1. Preheat oven to 350°.
2. Prepare squashes by peeling (optional), removing seeds, and dicing.
3. Cook squash and onion in 1 tsp butter in large skillet until tender, about 10 minutes.
4. Drain any liquid and mash.
5. Fold in rest of butter, eggs, soup, and seasonings.
6. Place in buttered casserole dish and top with crumbs and cheese.
7. Bake for 30 minutes.

*recipe adapted from "We Make You Kindly Welcome: Recipes from the Trustees House Daily Fare, Pleasant Hill, Kentucky" (1982)*  
*image from [www.ezrapoundcake.com](http://www.ezrapoundcake.com)*



## Fried Cherokee Squash Bread

- 2 yellow crookneck, pattypan, or zucchini squashes
- 2 C water
- 1 C corn meal
- ¼ C buttermilk \*
- 1 egg
- salt/pepper to taste
- vegetable oil

1. Prepare squashes by peeling (optional) and dicing.
2. Cook squash in water until tender, about 10 minutes.
3. Drain water, retaining ¾ cup.
4. Mix squash, retained water, corn meal, milk, egg, and seasonings.
5. Form mixture into patties.
6. Heat vegetable oil in skillet.
7. Drop patties into hot oil and fry until golden brown.

\* substitute regular milk for buttermilk if desired

*recipe adapted from [www.wegotataeat.com](http://www.wegotataeat.com); image from [www.thebeatofyounglosangeles.blogspot.com](http://www.thebeatofyounglosangeles.blogspot.com)*

