

Baked Rice with Butternut Squash

1 butternut squash
2 cups chicken broth
1 cup water
1 tablespoon chopped fresh sage
OR
1 teaspoon dried rubbed sage
1 teaspoon olive oil
1 cup diced onion
2 garlic cloves, minced
1 cup uncooked Arborio or other short-grain rice
1/4 cup dry white wine
1 teaspoon chopped fresh thyme
OR
1/4 teaspoon dried thyme
1/2 teaspoon salt
1/4 teaspoon black pepper
Cooking spray
1/4 cup grated fresh Parmesan cheese
Fresh thyme sprigs (optional)

Place squash on a baking sheet. Bake at 350 degrees for 30 minutes or until tender; cool. Peel squash; cut in half lengthwise. Discard seeds and membranes; cut into 1/2-inch cubes. Increase oven temperature to 400 degrees.

Bring broth, water, and sage to a simmer in a medium saucepan (do not boil). Heat oil in a large nonstick skillet over medium-high heat. Add onion; sauté 6 minutes. Add garlic; sauté 2 minutes. Add rice; sauté 1 minute. Stir in squash, broth mixture, wine, chopped thyme, salt, and pepper; cook 5 minutes, stirring occasionally.

Place rice mixture in a 13 x 9-inch baking dish coated with cooking spray. Bake at 400 degrees for 30 minutes. Stir mixture gently. Sprinkle with cheese; bake an additional 5 minutes or until cheese melts. Garnish with fresh thyme sprigs, if desired.

Baked Butternut Squash and Parsnips

2 tablespoons Unsalted butter
2 medium White or yellow onions --thinly sliced
1 tablespoon Olive oil
2 medium Butternut squash
1 1/2 pound Parsnips
2 small Oranges --peeled seeded

and coarsely chopped
2 tablespoons Honey
2/3 cup Fruity white wine
1/3 cup Defatted chicken or vegetable stock
1/2 teaspoon Nutmeg
Salt --to taste
Freshly-ground black pepper --to taste
3/4 cup Freshly-grated good-quality Parmesan cheese

Generously butter a 9- by 12-inch baking dish. Set aside. Sauté the onions in oil over moderate heat until just beginning to soften and are lightly colored. Set aside. With a sharp knife, cut squash in half and remove and discard seeds. Carefully peel squash and cut into 1/2-inch cubes. Peel parsnips and cut into 1/4-inch rounds. In a large saucepan filled with lightly salted boiling water, cook squash until almost cooked through but still firm. Add parsnip slices and cook 1 minute longer. Drain and combine with onions in a large bowl. Set aside. In a food processor or blender pulverize the oranges, honey, wine, stock and nutmeg. Add this mixture to the vegetables. Season with salt and pepper and toss gently to combine. Place mixture in the prepared dish and sprinkle cheese evenly over top. If serving immediately, place under a hot broiler to lightly brown top. If prepared in advance, place in a pre-heated 425-degree oven for 10 to 12 minutes or until lightly browned and hot throughout.

Garlicky Kale

2 pounds kale
4 tablespoons extra virgin olive oil
5 cloves garlic
1 pinch red pepper flakes
1 splash red wine vinegar
salt to taste
freshly ground black pepper

Remove stems from the kale and chop the leaves coarsely. Wash and drain well but do not dry.

Heat a large sauté pan, add 3 tablespoons of the olive oil and enough kale to cover the bottom of the pan, and cook over high heat while stirring to rotate the leaves. Add more kale as the leaves wilt.

When all the kale has been added, season with salt,

cover and reduce the heat to medium. Cook, stirring occasionally; the cooking time will depend on the maturity of the kale. Young kale will be tender after 4 to 5 minutes. It may be necessary to add a splash of water if the leaves begin to scorch. When the leaves are tender, remove the lid and allow any excess water to cook away.

Remove the kale to a warm bowl and set aside. Add the remaining tablespoon of olive oil to the pan along with the garlic and red pepper. Sauté just until you smell the aroma of garlic.

Sprinkle the garlic and red pepper over the kale and toss with a splash of vinegar. Adjust the salt and pepper to taste.

Baked Broccoli Omelet Casserole

1 tablespoon Olive Oil
1/2 Onion -- Finely Chopped
1 cup Frozen Broccoli -- Chopped
1 tablespoon Minced Basil or Dill
6 Eggs
1/2 cup Low-fat Cottage Cheese
a large frying pan, with ovenproof handle, heat the oil over medium heat. Sauté the onions for 5 minutes, or until soft. Add the broccoli and herbs, sauté for a few minutes. In a small bowl, whisk together the eggs and cottage cheese. Pour over broccoli in pan. Stir a few times to blend. Cook for 3-5 minutes. Transfer to the oven and bake at 375 F until the eggs are set, about 15 minutes.

Upside-Down Grapefruit Cake

1/2 pound butter
1 1/2 cup sugar
3 eggs
2 tablespoons baking powder
2 1/2 cups pastry flour
1-cup grapefruit juice
3 cups grapefruit pulp

Grease pan thickly with butter. Place three cups grapefruit pulp in pan, with one-cup brown sugar. Mix batter in the usual way and pour over the grapefruit in pan. Bake for about fifty minutes. May be served with whipped cream if desired.