

# SAUTÉED WINTER SQUASH

## WITH SHALLOTS, GARLIC AND HERBS

Winter Squash is a hardy, dense, sometimes thick-skinned vegetable that is packed with vitamins and natural sugar. Winter Squash comes in an array of shapes, sizes, and colors, and depending on its density, will require slightly different cooking times. Experiment with different varieties and enjoy their unique personalities. Peel the skin if using a thick-skinned squash such as Butternut, Pumpkin, Spaghetti. Some squash skin is edible (Kabocha, Delicata).

3 cups Winter Squash, diced in 1/2" cubes.

3 Tablespoons olive oil

3-4 shallots, diced

4-5 cloves of garlic, slivered

2 teaspoons fresh thyme or 1 teaspoon dried thyme

Sea salt and fresh ground pepper to taste

Heat the olive oil in a sauté pan large enough to hold the diced squash (12"). Allow the oil to get hot, but not smoking. Add the squash and cook at medium-high heat for a few minutes without stirring. When it starts to caramelize on one side, stir the squash so that other sides of the diced pieces are cooking and caramelizing. Add the shallots, garlic, thyme, salt and pepper. Continue cooking without stirring until you notice that caramelization is happening with the shallots, garlic and squash. As it gets closer to being done, the squash will look brown. Try not to let it blacken. Cook until the squash is soft and edible (about 10 minutes, depending on the size of the dice).

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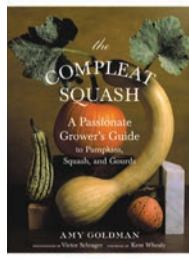
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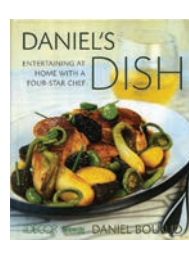
*Bistronomy*



*The Compleat Squash*



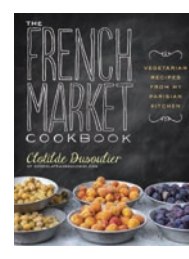
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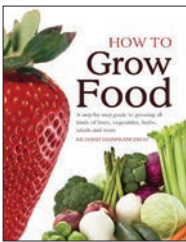
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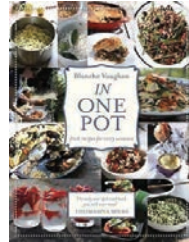
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*How to Grow Food*



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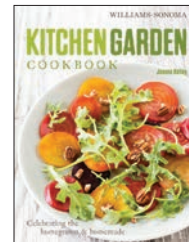
*In One Pot*



*Italy Al Dente*



*The Kimchi Cookbook*



*The Kitchen Garden Cookbook*



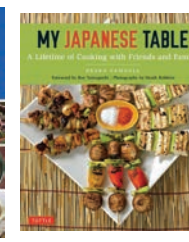
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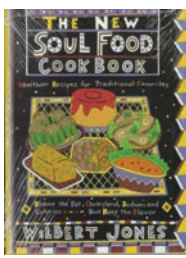
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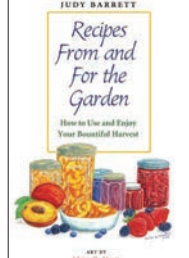
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*My Japanese Table*



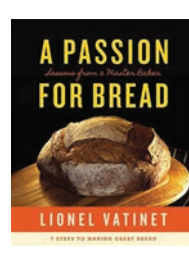
*The New Soul Food Cookbook*



*Recipes From and For the Garden*



*Seamus Mullen's Hero Food*



*A Passion for Bread*



*Seriously Delish*



*The Side Dish Handbook*



*Simple Thai Food*



*Tart It Up!*



*Vegetable of the Day*



*Year-round Slow Cooker*

Winter squash—Acorn, Banana, Buttercup, Butternut, Delicata, Hubbard, Kabocha, Pumpkin, Spaghetti, Sweet Dumpling, Turban—are packed with vitamins that boost your immune system and satisfy your taste for sweet and savory. SFPL offers an enormous assortment of books focused on this topic. This list is a modest sampling to get you started with your exploration of this hardy fall vegetable (yes, it's called Winter Squash but it's harvested in the fall).