

### Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

### Time required

Quick - 30 minutes or less

Moderate - 1 hour or less

### Extra ingredients

Few - primarily MoGro Weekly Share items

Several - 3-5 additional items you might have on hand

**Skill level:** Easy

**Time required:** Moderate

**Extra ingredients:** Several



## Butternut Squash Casserole

### Ingredients

1 jester squash (1-2 lbs)  
2 cups water  
1 cup chix or veg broth  
1 tablespoon chopped rosemary  
2 tablespoons olive oil

1 diced yellow onion  
2 minced garlic cloves  
1 cup dry basmati rice  
1 teaspoon chopped parsley  
Salt & pepper  
½ cup grated cheese

### Directions

- 1) Preheat oven to 400 F. Coat casserole dish with oil or baking spray and set aside. Cut squash in half lengthwise and scoop out seeds. Fill dish with 1 inch of water. Microwave on high for 12 minutes OR place in oven for 20-25 minutes or until soft, but not mushy. Remove from microwave or oven, let cool. Peel & cut into cubes.
- 2) Combine water, broth and chopped rosemary in a saucepan and bring to a boil. Meanwhile, warm skillet to medium-high heat and add 1 tablespoon oil. Add onion and cook 4-5 minutes, or until translucent and soft. Stir in minced garlic and cook for additional 30 seconds. Add rice and 1 tablespoon olive oil and stir for 1 minute. Stir in the broth mixture, prepared squash, parsley, salt and pepper. Bring to boil. Transfer rice mixture to prepared casserole dish and bake for 20-22 minutes, or until most of the liquid has evaporated. Sprinkle cheese and bake for 2-3 additional minutes. Remove from oven and serve hot!

**Skill level:** Easy

**Time required:** Quick

**Extra ingredients:** Few



## Butternut Squash Casserole

### Ingredients

1.5 pounds russet potatoes diced into 1 inch pieces (skin on)  
1 bunch kale, stems removed, leaves torn into 2 inch pieces  
1 garlic clove, thinly sliced

Salt & pepper  
2 tablespoons olive oil  
Pinch red pepper flakes

### Directions

- 1) Bring potatoes to a boil in a medium saucepan of salted water. Reduce heat and simmer until tender, about 10 minutes. Stir in kale and cook until just wilted, 1-2 minutes. Drain.
- 2) Heat oil in a large pan over medium-high heat. Add potatoes & kale and cook, stirring, until potatoes are golden brown. Add garlic and pepper flakes, cook about 1 minute. Season with salt and pepper. Serve right away or at room temp.