

Macrobiotic Recipe of the Month – October 2008

From Meg Wolff

It's squash time again and there's plenty of it at the local Farmer's Market. Delicata (below), acorn and butternut are three of my favorite varieties. This delicata squash was washed and cut in half from top to bottom. Then I scooped out the seeds from each half with a spoon, and sliced into half-inch pieces. This squash is delicious simply steamed in a little water.

Sometimes for my kids or husband, I'll spread the thinly sliced squash on a lightly-greased baking sheet (I use olive oil), and drizzle a couple of tablespoons of brown rice syrup over the pieces. I then sprinkle with another tablespoon of olive oil, 1 tablespoon of tamari wheat-free soy sauce, and then with sea salt. I then top with chopped walnuts or pecans and bake for about 30 minutes at 350 degrees. My family loves squash cooked this way and I bet yours will, too.

Steamed Squash

Delicata or butternut squash, cut into thin slices
water
sea salt

Baked Squash

1 squash, thinly sliced
1/4 teaspoon sea salt
2 tablespoons brown rice syrup
1/4 cup walnuts or pecans
1 tablespoon tamari wheat-free soy sauce
1 tablespoon olive oil



Another of my favorites is squash and carrot ginger soup:

SQUASH & CARROT GINGER SOUP

1 medium winter squash
6 large carrots
1 medium onion
1-inch piece ginger
4 cups water to cover veggies
sea salt, or tamari, to taste
oil if desired

Sauté onion in oil or water for 1-2 minutes. Cut squash and carrots and add just enough water to cover vegetables. Bring to a boil. Add a small pinch of sea salt. Cover, lower flame and simmer 30 minutes until squash is soft. Mash squash with a potato masher right in the pot or use a food processor to puree. Add another pinch sea salt (or teaspoon of soy sauce). Simmer 7-10 more minutes. Serve hot, garnished with fresh parsley and a little juice from grated ginger. Serves 4.

These are wheat and gluten-free recipes. Soy can be omitted by leaving out the tamari (soy sauce) if needed.

Enjoy! 'Tis the Season! ~Meg

**For more recipes and information on macrobiotics please visit Meg's Website:
www.megwolff.com, and her blog at: www.becoming-whole.com**