



# Recipes

## Butternut Squash Soup

Recipe courtesy Cathy Lowe



- 1 (2 to 3 pound) butternut squash, peeled and seeded
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 6 cups chicken stock
- Nutmeg
- Salt and freshly ground black pepper

Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.

## Carrot & Parsnip Stir-fry

- 1 1/2 pounds parsnips, peeled and julienned
- 1/4 cup butter
- 2 pounds carrots, julienned
- 2 tablespoons dried minced onion

In a large skillet, saute parsnips in butter for 3-4 minutes. Add carrots and onion; cook and stir until vegetables are tender, about 10-15 minutes.

## Sauteed Turnips and Parsnips with Rosemary

[Gourmet](#) | November 2001

- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 3 medium turnips (3/4 lb total), peeled and cut into 1/3-inch dice
- 3 medium parsnips (3/4 lb total), peeled, cored if necessary, and cut

- into 1/3-inch dice
- 4 medium shallots (1/2 lb total), cut lengthwise into sixths
- 1 garlic clove, chopped
- 1 teaspoon finely chopped fresh rosemary

Heat oil and butter in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook turnips, stirring occasionally, until crisp-tender, about 5 minutes. Add parsnips and shallots and cook, stirring occasionally, until golden brown and almost tender, about 10 minutes. Add garlic, rosemary, and salt and pepper to taste and cook, stirring, until vegetables are tender, about 3 minutes more.

## Spinach, Pesto, and Fontina Lasagna

[Bon Appétit](#) | June 2010

by Jeanne Kelley

### Sauce:

- 2 tablespoons unsalted butter
- 1/4 cup all purpose flour
- 2 1/2 cups reduced-fat (2%) milk
- 1/2 cup dry white wine
- 1 cup freshly grated Parmesan cheese
- 1/2 teaspoon salt

### Spinach:

- 2 tablespoons olive oil
- 1/2 cup finely chopped shallots
- 4 large garlic cloves, finely chopped
- 1 pound spinach

### Lasagna:

- 15 no-boil 7 x 3 1/2-inch lasagna noodles (from two 9-ounce packages)
- 3 1/2 cups fresh ricotta cheese\* (28 ounces)
- 1 cup freshly grated Parmesan cheese
- 1/2 teaspoon finely grated lemon peel
- 1 large egg
- 2 cups coarsely grated Italian Fontina cheese (8 to 9 ounces), divided
- Herb Pesto

**For sauce:** Melt butter in heavy large saucepan over medium heat. Add flour and whisk 1 minute (do not brown). Add milk and wine and whisk until smooth. Cook until sauce thickens and comes to boil, whisking con-

stantly, 4 to 5 minutes. Remove from heat. Whisk in Parmesan cheese and salt. Season sauce to taste with pepper. **For spinach:** Heat oil in large pot over medium-high heat. Add shallots and garlic. Sauté until shallots soften, about 2 minutes. Add all spinach (pot will be full). Cook spinach until wilted but still bright green, tossing often, about 3 minutes. Using tongs, transfer spinach to large sieve set over bowl; reserve pot. Press out excess liquid from spinach. Drain 10 to 15 minutes longer. Return drained liquid from spinach to reserved pot. Boil until liquid is reduced to glaze. Return spinach to pot and toss 1 minute. Remove spinach from heat. Mix in 1 1/2 cups sauce. Season spinach to taste with pepper. **For lasagna:** Place noodles in large bowl. Fill bowl with hot tap water. Soak noodles until pliable, stirring occasionally to separate, about 15 minutes. Place large sheet of parchment paper on work surface. Transfer noodles to parchment in single layer, shaking off excess water. Preheat oven to 350°F. Butter 13 x 9 x 2-inch glass baking dish. Mix ricotta, Parmesan, and lemon peel in medium bowl. Season to taste with salt. Mix in egg. Spread 1/2 cup sauce thinly over bottom of prepared dish. Top with 3 noodles, arranged side by side and cover-

ing most of bottom of dish. Spread half of spinach mixture over (about 1 1/2 cups). Sprinkle with 1/3 cup Fontina. Top with 3 noodles and half of ricotta mixture (generous 1 3/4 cups). Drop half of pesto over by teaspoonfuls, spacing drops evenly apart. Continue layering with 3 noodles, remaining spinach mixture, 1/3 cup Fontina, 3 more noodles, remaining ricotta mixture, then remaining pesto. Top with last 3 noodles. Spread remaining sauce over; sprinkle with remaining Fontina. Cover dish with buttered foil. Bake lasagna until heated through and bubbling at edges, 50 to 55 minutes. Remove from oven. Remove foil from dish. Preheat broiler. Broil lasagna until top is browned in spots, turning dish occasionally for even browning, about 4 minutes. Let stand 15 minutes to set up.

