

HEALTHY SOMERSET RECIPES

Roasted Radishes

Ingredients:

- 1 pound radishes, leaves and ends removed (about two bunches)
- 1 Tablespoon olive oil
- 1/8 teaspoon salt or ¼ teaspoon kosher salt
- 1 Tablespoon red wine vinegar or balsamic vinegar (depending on how sweet you want the radishes to be)
- 1 Tablespoon minced fresh parsley or 1 teaspoon dried parsley
- Pepper to taste

Directions:

- Preheat oven to 425 degrees F.
- Cut radishes in half and toss in a bowl with olive oil, salt and pepper, if using. Place radishes, cut-side-down, on a lightly greased baking sheet.
- Roast for 10 minutes, stir, place cut side up, then roast for an additional 10 minutes.
- In a large bowl, stir roasted radishes, vinegar and parsley. Serve warm or at room temperature.

Squash Quick Bread or Muffins

Ingredients:

- 3 summer squash, washed and shredded
- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 1 Tablespoon baking powder
- ½ teaspoon salt
- ¼ cup sugar
- ¾ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 large egg, beaten
- ¼ cup vegetable oil
- 1 cup low-fat or fat-free milk

Directions:

Preheat oven to 375 degrees.

Press the shredded squash between paper towels to remove excess water.

Into large mixing bowl, add flours, baking powder, salt, sugar, cinnamon, and nutmeg and mix well. Add shredded squash and toss with dry ingredients.

Into small mixing bowl, beat the egg with a fork.

Add vegetable oil and milk to beaten egg and mix.

Add egg/oil mixture to dry ingredients. Mix only until ingredients are combined. The batter should be slightly lumpy.

Spray a 9 x 5 x 3 loaf pan with cooking oil spray. For muffins, spray a 12-cup muffin pan or line pan with paper baking cups.

Pour mixture into loaf pan or muffin pan, filling each cup about ¾ full.

Bake for 35-40 minutes for loaf or 20-25 minutes for muffins, or until toothpick inserted in center comes out clean and bread is lightly brown.

Cool in pan for 10 minutes. Remove from pan and cool completely before slicing loaf into 12 ¾" slices and serve.

Muffins can be served warm.



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Creamy Butternut Squash Pasta

For the butternut squash pasta sauce:

- 1 yellow onion (or 4 small shallots)
- 12-14 fresh sage leaves
- 2 tbsp extra-virgin olive oil
- 3 cups chopped butternut squash
- 1 cup oat milk (or almond milk, soya milk, or vegetable broth)
- salt and pepper to taste

For the pasta:

- 12 ounces pasta (whole-wheat, gluten-free, legume-based pasta)

To garnish:

- fresh sage leaves
- black pepper
- chopped or grated walnuts or grated parmesan cheese



Directions:

1. Bring a large pot of salted water to a boil, and add the chopped butternut squash. Cook for about 8 minutes.
2. In the meantime, add 2 tablespoons of extra-virgin olive oil to a pan. Once the oil is hot, add about 8 sage leaves. Let them crisp for about 30 seconds on each side and then remove them from the heat and place them on the side for the final topping.
3. In the same pot, add the chopped onion and 4-6 sage leaves, add a quarter cup of water and let the onion soften.
4. Once the butternut squash is cooked, remove it from the water using a slotted spoon or mesh skimmer. Add the squash straight into the pan with the onions.
5. In the same boiling water you used for the butternut squash, cook the pasta until al dente according to the package directions, stirring from time to time. Reserve 1 cup of the pasta cooking water before draining.
6. Place the cooked butternut squash, onions, and sage into the blender or food processor. Add the oat milk a bit at a time, and season with salt and pepper. Blend until smooth.
7. Drain the pasta, then add back to the pan, add the butternut squash sauce, and if necessary, add a bit of the boiling water you saved to thin the sauce.
8. Serve the pasta on individual plates, with freshly grated pepper, crumbled fried sage leaves, and your favorite topping (here, I used a combination of shaved walnuts and nutritional yeast - but you can use parmesan or pecorino if you are not vegan).

