

Butternut Squash with Shallots and Sage

Serves 4

Ingredients:

- 2 Tablespoons olive or vegetable oil
- 3 shallots, halved and sliced crosswise
- 1 butternut squash, peeled, seeded and cut into cubes, about 4 cups
- ½ cup reduced sodium chicken broth or water
- 1 Tablespoon brown sugar, packed
- 1 teaspoon ground sage
- ½ teaspoon salt
- 1 Tablespoon balsamic vinegar
- ¼ teaspoon black pepper

Directions:

1. Heat oil in a large skillet. Add shallots and cook until translucent. Add squash and continue to cook for about 5 minutes.
2. Combine broth, brown sugar, and salt. Stir to dissolve sugar and salt. Add mixture to squash. Add sage and stir. Cover and cook until squash is tender, 8 to 10 minutes. Remove from heat and stir in vinegar and pepper.

Sautéed Brussels Sprouts

Serves 4

Ingredients:

- 1 pound Brussels sprouts
- 2 Tablespoons butter
- 1 garlic clove, minced
- 1 Tablespoon fresh lemon juice
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions:

1. Blanch Brussels sprouts in a large saucepan of boiling salted water for about 2 minutes. Drain immediately and immerse in a bowl of ice water.
2. Melt the butter in a large skillet. Add garlic and stir. Drain Brussels sprouts and add to skillet. Heat for about 2 minutes. Add lemon juice, salt, and black pepper. Toss and serve.

Note: If desired, Brussels sprouts can be prepared through the first step, then drained and refrigerated after cooling.



Eating in Season

Are you kidding? It's winter, and we're living in Nebraska! Fortunately, we can eat seasonally here. Nebraska's farmers grow many crops that adapt to home storage. Root vegetables (potatoes, carrots, beets, rutabagas, turnips, kohlrabi, parsnips, winter radishes) are some of the nutritional powerhouses, packed with vitamins and flavor. Brussels sprouts, cabbage, pumpkins, and winter squash are other great foods that store well for winter use. They are a great compliment to your comforting winter meals or you can store for weeks and months and prepare them along with locally raised meats, dried beans, artesian cheese, and breads.



Choose blemish free vegetables, twist off leaves and store properly. For information on "Storing Fresh Fruits and Vegetables" go to <http://foods.unl.edu/localfoods> and click on Local Foods By Season.

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Winter Vegetable Soup

Serves 6

Ingredients:

¾ cup dried white beans, Great Northern or Navy
2 cans (14.5 oz) reduced sodium chicken broth
2 slices bacon, chopped
1 cup chopped onions
3 garlic cloves, minced
½ cup chopped celery
2 cups peeled and cubed winter squash, such as butternut or acorn
2 cups peeled and cubed potatoes
½ cup chopped carrots
1 teaspoon dried basil
¼ teaspoon cinnamon
¼ teaspoon dried thyme
Salt and pepper to taste
1 can (28 oz) tomatoes
4 cups chopped kale

Directions:

1. Sort and soak the beans in water overnight. Drain. In a sauce pan, add beans to one can of chicken broth and cook on simmer until almost done.
2. In a large saucepan or Dutch oven, cook bacon until crisp. Remove bacon and set aside. Add onions and garlic to saucepan. Cook until onion is translucent, about 5 minutes. Add celery and cook until soft.
3. Pour in second can of chicken broth, add squash, potatoes, carrots, basil, cinnamon, thyme, salt and pepper. Cook until vegetables are done. Add kale and tomatoes. Continue cooking until kale is tender.



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Honey-Glazed Turnips

Serves 4

Ingredients:

3 medium turnips, sliced or cubed, about 1½ pounds
2 Tablespoons honey
2 Tablespoons butter
¼ cup water
Salt and black pepper, to taste

Directions:

1. In a medium saucepan, combine honey, butter and water and bring to a boil.
2. Add turnips, salt and black pepper, cover and bring to a boil. Cook for about 10 minutes. Uncover and continue to cook until turnips are golden and glazed, about 10 to 15 minutes.



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