



SAUSAGE, WHITE BEAN, AND SWISS CHARD SOUP

- 1 (approx. 1 lb.) package lean hot Italian turkey sausage, casings removed
- 1 cup chopped onion
- 2 cloves garlic, minced
- 6 cups low-sodium chicken broth
- 4 cups chopped Swiss chard, stems removed
- 2 (15½-oz) cans Cannelini or Great Northern beans, drained and rinsed
- Salt and freshly cracked black pepper

In a large Dutch oven, cook the sausage, onions over medium-high heat until the sausage is browned and crumbly, about 6 minutes. Add garlic and cook until fragrant, about 30 seconds. Drain fat, if necessary. Stir in the broth, Swiss chard, and beans. Add salt and pepper, to taste. Bring to a boil; cover, reduce heat, and simmer until Swiss chard is tender, about 20 minutes. Serve immediately. Corn bread or biscuits would be really good with this soup.

—Adapted from the Food Network

TURNIPS



White, Japanese (Hakurei) turnips, are not your grandmother’s turnips. They are best in Fall and Spring when they are the most sweet. They are quite delicious raw, and are great sliced with a sprinkle of salt, or tossed in a salad for a little zing. If you are leery about the prospect of eating a raw turnip, try this simple recipe, which includes the greens as well.

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| 1 bunch of Hakurei turnips | 1 Tbsp Butter |
| 2 Tbsp Water | 1 Tbsp Olive Oil |
| 2 Tbsp White Wine | Salt & Pepper |

Cut off the leafy greens, leaving about an inch of the green stem attached to the turnips. Rinse the turnips under running water, then cut them in half or into quarters from stem to root depending on their size.

Fill a sink or big bowl with water and let the turnip greens soak for a few minutes. Swish them around allowing any dirt or sand sink to the bottom. Lift the greens out and shake them off. Slice into thin strips.

Combine the water, wine, butter and olive oil in a saute pan and bring to a simmer over medium-high heat. Add the turnips along with a pinch of salt and pepper. Cover and simmer for about 5 minutes, or until tender. Uncover and stir in the turnip greens adding ¼ cup of water. Continue to cook for another 2–3 minutes until the greens are wilted but still bright green.

—from “At the Farmer’s Market”



SPAGHETTI SQUASH WITH CHEESE & PEPPER

- 1 (4 lb.) spaghetti squash
- 2 tablespoons extra virgin olive oil
- 1 cup grated Romano
- Salt and lots of coarsely ground black pepper

To microwave squash, cut in half and seed. Place ¼-inch water in a microwave safe dish. Place squash in dish, cut sides down — sides will overlap. Cover with plastic wrap and microwave on high power 13 minutes. Reserve ½ cup liquid in a bowl. Shred squash and add the “spaghetti” to bowl with liquid.

To boil squash: cut in half and scrape out seeds. Boil squash until tender, 15 to 20 minutes. Place ½ cup cooking water into a bowl, then drain and shred the squash. Transfer to a bowl with reserved liquid.

Toss squash with reserved liquid and dress with extra-virgin olive oil, lots of cheese, salt to taste, and lots of black pepper. Serve.

—Rachel Ray, Food Network

ROASTED ACORN SQUASH*



- 1 acorn squash
- 2 tablespoons butter
- ¼ teaspoon salt

Preheat oven to 400°. Cut acorn squash in half lengthwise; discard seeds. Cut each half into 6 wedges. Melt butter in a large ovenproof skillet over medium heat. Add squash; cook 3 minutes or until browned on one side. Turn wedges; sprinkle with salt. Place pan in oven; bake at 400° for 12 minutes or until tender.

*can substitute other kinds of winter squash.

—Cooking Light