

Cheddar Squash Muffins:

(1 Batch recipe)

Makes: 25 mini muffins or bite sized pieces

Ingredients:

2 Eggs

½ cup Water

1 cup Roasted Butternut Squash (mashed/or pureed)

1 – 1lb. box Corn Muffin Mix

½ cup Shredded Reduced Fat Cheddar Cheese

¼ cup Chopped Scallions

In a bowl, add eggs, water and roasted squash. Wisk in muffin mix, cheese, and scallions. Spoon into mini muffin pan or pour in loaf pan, or rectangular pan. Bake at 400 degrees for 15- 20 minutes (depending on the pan, may take longer or shorter).

When done let it cool down. If made in loaf or rectangular pan, cut into 25 bite sized pieces per batch.

Source: Glamour.com, Nov., 2010

Cucumber Salad

1 cucumber

½ cup white vinegar

¼ cup sugar

¼ cup of water

½ tsp dill

Salt

Cut up cucumber sprinkle with salt.

Mix vinegar, sugar, and water in sauce pan and heat to just boil

Pour over cucumbers in bowl, add dill and refrigerate over night.

Adjust all ingredients accordingly depending on amount of cucumbers.

Sweet Potato Fries (1 small Batch)

1 large sweet potato, cut into pencil thin pieces

2 tablespoons olive oil, or more as needed

Salt

Directions

Preheat your oven to 400 degrees. Line a baking sheet with aluminum foil and set aside.

Place the sweet potatoes in a large bowl and toss with olive oil until the sweet potatoes are coated.

Arrange the coated fries in a single layer on the prepared pan. sprinkle with salt. Bake for about 15 minutes, I guess. I never timed it, so just keep checking them and take them out right before they burn.

Spaghetti Squash- 1 Batch

Ingredients:

1 Spaghetti Squash

Olive oil, to drizzle

Salt to taste

Cut spaghetti squash lengthwise using a long sharp knife.

Scoop out the seeds and pulp surrounding the seeds with a fork.

Microwave for 14-16 minutes (depending on size).

The squash DOES NOT need water added nor does it need to be put on a plate, just put the squash directly into the microwave as is.

When it is done the shell should feel soft. Remove the spaghetti squash with a few paper towels or clean dishtowel (it will be very hot).

Take a fork and run through the squash. It should come out easily looking like strands of spaghetti.

Scoop until you get all of the squash out, leaving an empty shell. Discard the shell.

Drizzle Olive Oil, and Salt to taste.