

**RECIPES PREPARED ON**



## **Apple Stuffed Acorn Squash**

### Prepare Squash:

You will need 2-3 large acorn squash. Begin by cutting squash in half and remove seeds and remaining strings. (If squash is difficult to cut, puncture the squash several times with a knife and microwave for 1-2 minutes.) Lightly oil the cut squash and place cut side down on a baking sheet. Bake at 350 degrees for 40-50 minutes.

### Apple stuffing:

2-3 apples, diced (tart apples are best)

¼ cup maple syrup

¼ cup butter (melted)



Combine all stuffing ingredients into a bowl. Stuff into cooked squash and bake for 30 more minutes at 375 degree.

## **Sweet Potato Soup**

### Ingredients:

1 medium onion, chopped

2 large sweet potatoes, peeled and chopped

5 cups vegetable broth

2 cups canned tomatoes in juice

¼ teaspoon white pepper

¾ cup orange juice



### Directions:

Sauté onion in one teaspoon oil in a large soup pot until transparent.

Add sweet potatoes and vegetable broth. Bring to a boil. Reduce heat and simmer, partially covered, until sweet potatoes are tender (about 20-25 minutes). Remove from heat. Stir in canned tomatoes and their juice and white pepper. Puree in blender until smooth. Return to soup pot.

Add orange juice and heat gently. Add additional water to reach desired consistency. Serve hot.

## Black Walnut Cake

### Cake Ingredients:

2 ¼ cups flour  
1 ½ cups sugar  
3 ½ teaspoons baking powder  
1 teaspoon salt  
1 cup milk  
½ cup butter, softened  
1 tsp vanilla  
4 egg whites  
1 cup black walnuts, chopped



### Cake Directions:

Blend flour, sugar, baking powder, and salt in a large bowl. Add milk, butter, and vanilla and beat with an electric mixer for 2 minutes. Add egg whites and beat 2 minutes. Carefully fold in black walnuts.

Pour into a greased and floured bundt pan. Bake for about one hour at 350 degrees.

### Icing Ingredients:

2 c sugar  
1 stick butter or margarine  
1/2 c milk  
1 tsp vanilla extract  
1/2 c black walnuts, chopped

### Icing Directions:

Bring to a boil, stirring occasionally. Cook for one minute. Remove from heat, let cool, then pour over cooled cake.

*Recipes from Simply in Season Cookbook, Mary Beth Lind and Cathleen Hockman-Wert*