

Frontier - Four "Don't Miss" Winter Squashes + Spaghetti Squash Lasagna

Many of us love our pumpkins almost to the point of obsession this time of year. We decorate our homes with them and carve them to make fun, scary faces and scenes, and we put them in all sorts of drinks, pies, cakes and even savory dishes like curries, gnocchi, ravioli and soup. Not that there's anything wrong with that!

But, we tend to overlook the other wonderful winter squashes that abound this time of year, which have remarkably diverse flavors, textures and applications. Once you experience them, you won't want to keep leaving them behind.

Acorn

Color: Golden flesh.

Texture: Firm, non-stringy, moist.

Flavor: A good balance of sweet and nutty.

Application: Another classic winter squash, the acorn variety is perfectly sized for cutting in half into two single servings. Stuff with savory cornbread, rice and mushroom stuffing or a decadent fill of butter, brown sugar, maple syrup, vanilla, cinnamon and nutmeg, then sprinkled with walnuts or pecans.

Delicata

Color: Golden flesh.

Texture: Very fine, tender and creamy.

Flavor: Sweet and moist.

Application: This aptly-named squash is very delicate with a much briefer storage period than other winter squash. Use it quickly within season. These are great with Mexican or Italian fillings, but the delicate flavor and texture of delicata squash is superb if minimally adorned. Simply wash, halve and scoop out the seeds. Rub the skin and flesh with olive oil, season with sea salt and fresh cracked pepper. Roast and eat the tender skin and all.

Butternut

Color: Deep yellow-orange flesh — a rich source of beta-carotene.

Texture: Fine-grained, non-stringy, dense texture is both firm and moist.

Flavor: Rich and nutty, medium sweetness.

Application: The nice balance of starch and sugar as well as the dense, fine texture make the classic butternut squash highly adaptable to both sweet and savory dishes. It is delicious roasted, baked, boiled and mashed. The nutty flavor pairs well with browned butter, sage, curry blends and robust greens such as kale and chard. Complimentary flavors in sweet dishes include walnuts, maple syrup, brown sugar, cinnamon, nutmeg and orange fruit.

Spaghetti

Color: Light yellow to yellow-orange.

Texture: Dry and extremely stringy. In fact, the entire flesh breaks apart into tender strings when this squash is roasted.

Flavor: Lightly sweet and nutty.

Application: Spaghetti squash's great advantage is that it is a fiber-rich, gluten-free, low-calorie stand-in for wheat and grain-based pasta. To prepare, halve the squash, remove the seeds and roast with cut side down for a moist "spaghetti" or face up for a drier consistency. Don't limit use of this squash to a spaghetti pasta stand-in though...spaghetti squash hash browns, anyone?

SPAGHETTI SQUASH LASAGNA

Lightly sweet and nutty spaghetti squash is a naturally gluten-free stand-in for pasta in this fresh vegetarian lasagna. Layer the roasted squash with a vegetable-packed tomato sauce seasoned with Frontier® brand rosemary, basil and oregano, and, of course, melty mozzarella and Parmesan cheeses. Use organic ingredients wherever possible.

Ingredients

- 1 large spaghetti squash, seeded and halved lengthwise
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 small yellow onion, chopped
- 1 medium carrot, grated
- 1 medium zucchini, halved and sliced into 1/4 inch thick pieces (about 1 1/2 cups)
- 1 medium yellow squash, halved and sliced into 1/4 inch thick pieces (about 1 1/2 cups)
- 1 cup minced crimini mushrooms or baby portobellos
- 2 cloves fresh garlic, minced
- 1 1/2 teaspoons Frontier Rosemary
- 1/2 teaspoon Frontier Basil
- 1/2 teaspoon Frontier Oregano
- 1 28-ounce can crushed tomatoes
- 1/2 cup Pinot Noir
- 1 teaspoon cane sugar
- Frontier Sea Salt
- Frontier Ground Black Pepper
- 3 cups freshly grated mozzarella cheese
- 1/2 cup freshly grated Parmesan cheese

Directions

For the Spaghetti Squash:

1. Preheat oven to 375 degrees. In a large baking dish, place the squash halves, cut-side down. Bake for 45 minutes to one hour and let cool. With a fork, scrape the flesh of the

squash to form spaghetti-like strands.

For the Sauce:

1. In a 10-inch skillet over medium heat, add olive oil and butter. When heated, add onion and carrot, cooking for 5 to 8 minutes, until onion is soft and translucent. Remove vegetables to a plate.
2. To the pan, add zucchini and yellow squash. Increase heat to medium-high and cook until vegetables start to soften and turn golden, stirring occasionally.
3. Reduce heat to medium and add mushrooms and garlic. Cook, stirring, for 2 to 3 minutes. Return onion and carrot, to pan, and add rosemary, basil and oregano. Cook for one additional minute.
4. Add tomatoes, wine, sugar, salt and pepper. Stir and let simmer for 15 to 20 minutes.

To Assemble the Lasagna:

1. In a 7-by-11-inch baking dish, add a large spoonful of sauce and spread over bottom of dish. Place half of the spaghetti squash in an even layer over sauce and season with salt and pepper. Layer with half of the remaining sauce, one cup mozzarella and 1/4 cup Parmesan.
2. Add remaining squash and season with salt and pepper. Layer on remaining sauce and mozzarella. Sprinkle remaining Parmesan over top.
3. Bake for 30 minutes. Let cool for 15 minutes before slicing and serving.