

## Trinidadian-style Winter Squash and Peppers

A popular Trini dish

One large squash (kabocha works well), peeled and cut into cubes

2 tbsp olive oil

3 cloves garlic, minced

1 medium yellow onion, chopped

1 medium green bell pepper, slivered

2-3 jalapeno peppers, slivered (or try a different pepper depending on your heat tolerance)

Kosher salt

1 tsp sugar

Heat the olive oil in a heavy-bottomed pot, medium heat. Add garlic and saute for 1 minute. Add onion and saute for another couple of minutes. Add both peppers. Saute until onion and peppers begin to soften and become golden. Add pumpkin cubes, and season with salt to taste and sugar. Mix well and turn heat down to low. Let it cook, stirring occasionally until squash becomes mushy (about 30-45 minutes). Don't add water unless the squash still hasn't softened after 30 minutes or has begun to stick to the pot. (A pressure cooker would help this go a lot quicker!) Serve as a side, garnished with chopped parsley. Or combine with chickpeas inside a wholewheat tortilla for a Trini vegetarian roti.

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## Pumpkin Apple Muffins

Source: Bon Appétit, with some changes

2 1/2 cups whole wheat flour

1 1/2 tbsp baking powder

1 cup brown sugar

Spice: Mix 2 tsp ground cinnamon, 1 tsp ground ginger, 1 tsp allspice, 1/2 tsp ground nutmeg

1 cup pumpkin puree

1/2 cup vegetable oil

2 eggs

1/2 cup non-fat plain yogurt

2 cups apples – peeled, cored and chopped small

1/2 cup dried cranberries

1/2 cup chopped walnuts

Preheat oven to 350°F. Grease twelve muffin cups or line with muffin papers. Sift first 4 ingredients into medium bowl. Stir sugar, pumpkin, oil and eggs in large bowl until well mixed. Mix in dry ingredients, apples, cranberries and walnuts. Place equal amounts of batter into prepared cups. (You can top them here with a streusel topping if you like). Tap the muffin pan before placing in the oven to allow the heavy batter to settle. Bake until muffins are golden brown and tester inserted into centers of muffins comes out clean, about 30 minutes. Cool. Serve muffins warm or at room temperature. This makes 12 really big muffins, or 18 medium ones.

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## Toasted Pumpkin Seeds

Source: <http://whatscookingamerica.net>

Separate the pumpkin seeds from the stringy membrane of a freshly carved pumpkin or squash. Rinse the seeds in a colander. Dry with paper towels.

Spread seeds on aluminum foil on a baking sheet. Coat 1/2 cup of seeds with 1 teaspoon olive oil and 1/2 teaspoon seasoning of your choice. Some ideas: cajun seasoning, Indian (ground cumin, coriander and cayenne), garlic salt and ground ginger.

Preheat oven to 250 degrees, and place baking sheet in oven for about 1 hour. Shift/stir seeds around ever 15 minutes. They're done when they are light brown. Store baked seeds in an airtight container.

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## The Great Squash Cook-Off

For even more squash recipes and thoughts, check out this blog chronicling the Great Squash Cook-Off, which took place earlier this year right here in Brooklyn. <http://cookinbrooklyn.blogspot.com/>

At the squash contest, 20 teams of amateur chefs competed for \$200 and a chance to see their recipe added to the menu of a Park Slope vegan cafe, V-spot. The blog also generally aims to promote "home cooking and seasonal eating."