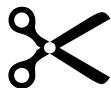


### Maple Almond Squash Medley

- 2 cups peeled butternut squash cut into ½ inch cubes
- 2 cups peeled acorn squash cut into ½ inch cubes
- 2 cups peeled parsnips cut into ¼ inch cubes
  - \*(important to cut these smaller than others)
- 5 Tablespoons butter
- ½ pure maple syrup (not imitation!)
- 2 garlic cloves, minced
- 1 1/2 tablespoons chopped fresh rosemary
- 1 teaspoon salt
- ½ teaspoon fresh ground black pepper
- ¾ cup coarsely chopped almonds

Preheat oven to 375. Butter 11x7 glass baking dish. Put squash and parsnips in large bowl. Melt butter in saucepan over medium heat. Whisk in next five ingredients. Pour butter mixture over squash and stir to combine. Put mixture in baking dish. Cover w/ foil. Bake 40 minutes. Uncover, bake another 20-25 minutes or until all vegetables are tender. Sprinkle almonds on top and bake an additional 10 minutes. Serves 8.

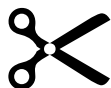
\* I make this with Hokkaido squash that my friends Michael and Fran grow on their farm, but you can use any firm-fleshed winter squash for this recipe. I've chosen butternut and acorn squash here because they are readily available in the supermarket.



### Grandma Sugarman's Apple Walnut Stuffing

- 2 Tablespoons butter
- ½ cup chopped onion
- ½ cup chopped celery
- 1 granny smith apple, chopped
- 1 package stuffing mix (plain, 8 cups of stuffing)
- ½ cup walnuts
- 1 can chicken broth (14 oz.)
- ½ cup apple juice
- 2 Tablespoons pure maple syrup (not imitation)
- 1 Tablespoon each fresh, chopped parsley, rosemary, thyme

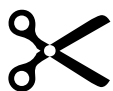
Preheat oven to 350. Place walnuts in small saucepan and toast over medium heat for two minutes. Set aside. Melt butter in saucepan. Add onion and celery, cook until onion is soft and translucent. Add apple and cook another minute. Put stuffing mix in large bowl, add vegetable and apple mixture, add walnuts. Stir to combine. In separate bowl, combine chicken broth, apple juice, syrup, and herbs. Pour over stuffing, mixing with spoon so liquid is evenly distributed. Put stuffing into greased, ovenproof casserole dish and bake for 45 minutes. Serves 12.



### Maple Mousse Pie

- 3 eggs, separated
- ¾ cup pure maple syrup (not imitation!)
- 1/8 teaspoon salt
- 1 pint whipping cream
- 2 Tablespoons non-fat dry milk powder
- ¼ cup sugar
- 1 store purchased chocolate cookie pie crust
- Chocolate syrup (the kind that goes on ice cream)

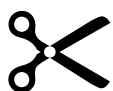
Beat egg yolks until bright yellow in color. Add salt and maple syrup. Cook on top of a double boiler until the mixture thickens. Cool. Beat whipping cream together with milk powder until peaks form (milk powder helps stabilize the cream for freezing later). In separate bowl, beat egg whites until stiff. Fold egg whites into whipped cream. Fold cooled maple mixture into whipped cream mixture. Pour into pie shell (makes a very high pie). Drizzle chocolate syrup over top. Freeze for at least four hours. Serves 8-12.



### White and Sweet Potato AuGratin

- 1 ½ pounds sweet potatoes, peeled and sliced very thin
- 1 pound white potatoes, peeled and sliced very thin
- 3 pinches salt
- 3 pinches fresh ground black pepper
- 6 oz. freshly grated parmesan cheese (Preferably parmigiano-reggiano, but any good parmesan will do – but NOT the stuff in the green can and NOT pre-grated.)
- 2 tablespoons fresh, fine chopped rosemary
- 1 cup light cream

Preheat oven to 350. Peel and slice potatoes very thin in a food processor or on a mandolin. (If you must slice by hand, you may need to increase cooking time.) Butter bottom of 8x8 glass cooking dish or gratin pan. Layer half the sweet potatoes on bottom of pan. Sprinkle a pinch of salt and a generous grind of pepper over the potatoes, followed by 4 tablespoons of cream, 1/3 of chopped rosemary, and 1/3 of grated cheese. Layer all the white potatoes on top of cheese and repeat layers of salt and pepper, cream, herbs, cheese. Use remaining sweet potatoes and layer as before. Pour remaining cream over top. Cover with foil. Bake 45 minutes. Uncover, increase oven temp to 375. Bake an additional 30 minutes. Serves 8.



## Tips for Stress-Free Holiday Cooking

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- 1** Plan ahead! One or two weeks before your meal, sit down and write out your menu, shopping list, and a timeline for meal preparation. Don't leave your shopping to the last minute when stores are packed and lines are long.
- 2** Pace yourself! Look for recipes that feature fresh, simple, seasonal ingredients and can be made ahead either fully or partially. Maple Mousse Pie can be prepared up to three days before; just cover with foil after initial four hour freezing. Likewise, the stuffing and squash recipes can be prepared to the point of baking the day before, refrigerated, then brought to room temperature before cooking on the big day.
- 3** Keep it simple! If you've got an urge to try more complicated recipes, pick just one and let it be the star of the show. Trying too many complex recipes at one time is a recipe for a dinner disaster.
- 4** Say yes! If family or friends offer to lend a hand in the kitchen, let them! Anyone can help set tables, wash dishes, or peel vegetables. Letting your guests help will make them feel more comfortable and help everyone (including you) enjoy the day more. If no volunteers come forth, don't be afraid to ask for help.

