



## *The Edible Garden*

Recipe featured at the *Cooking for Your Health* demonstration, September 8

### September Days Winter Squash Casserole

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#### **Ingredients** *Serves 4-6*

1 medium to large butternut squash  
1 medium Italian eggplant  
2-3 ripe red bell peppers  
6-8 fully ripe plum tomatoes  
1 small bunch fresh rosemary, chopped  
1 small bunch fresh tarragon, chopped  
2 eggs  
Olive oil  
Half cup raw pine nuts, toasted  
½ pound aged sharp provolone, sliced thinly  
2 cups high quality (or homemade) chicken or vegetable stock  
½ cup flour  
½ cup plain breadcrumbs  
½ whole nutmeg, grated  
Salt and pepper  
Small quantity aged parmesan, grated (optional)

#### **Instructions**

1. Heat the oven to 400°F. Wash and place the peppers in the bottom of the oven to roast (or if you have access to a grill, use that for the roasting). Cut the tomatoes in half lengthwise and place on a foil covered cookie sheet on the top rack of the oven to roast.
2. Peel then slice the eggplant into thin rounds. Salt them in a colander and set aside. Peel the butternut squash then remove seeds and cut in ¼ inch slices.
3. When the red peppers are a bit blackened, place them in a bowl with a lid or plate over them. After a few minutes, the skin will be easy to remove. (Be sure to let them cool enough to touch so you don't burn yourself). When the skin is removed, set the peppers aside. Turn the heat down on the roasting tomatoes to about 200°F.

4. To prepare the eggplant, gently rinse the eggplant to remove excess salt, and allow to drip. Heat a heavy frying pan with a small amount of olive oil. Make a mixture of flour and breadcrumbs (about 50/50) and add a few pinches of grated nutmeg in a bowl. Beat 1-2 eggs in a separate bowl. Dip each eggplant slice into the egg mixture, then into the flour mixture, and then place in the heated pan of oil, turning when browned on a side. (You do not need to fry the eggplant ahead of time, but it does bring out the flavor in an exciting way. If you choose to skip this step, you may put the breaded eggplant slices directly into the casserole to bake or simply roast the eggplant slices.)
6. Check the tomatoes to see if they are reducing in moisture, then remove them and turn the oven back up to 350°F. Allow the tomatoes to cool and remove the skins. Reserve a few tomatoes for plating (they make a nice garnish).
7. To assemble the casserole, lightly oil a large glass pan or casserole dish and have all ingredients nearby. Begin layering all of the elements: squash, peppers, eggplant, tomatoes, chopped herbs, sliced provolone, toasted pine nuts. Repeat until you have filled the dish and used up the ingredients. Top with grated parmesan.
8. Pour about 2 cups of stock into the pan and bake for about 40-45 minutes at 350°F or until a fork goes through the squash easily, most of the excess liquid is absorbed, and the cheese is melted. (You may need to add liquid if you did not pre-cook the eggplant, so check the oven about halfway through baking).
8. Allow the casserole to set for 15 minutes before serving.