

# Louis' Baked Whole Butternut Squash

A Chef Louis Inspiration



## INGREDIENTS:

1 whole squash, cut in half and seeds/core removed  
1/2 stick of unsalted butter  
1/8 cup of brown sugar  
juice of one lemon  
dash of cinnamon

## DIRECTIONS:

Preheat oven to 350 degrees. Place the squash halves core side down in a baking dish and cook for about an hour or until flesh is soft and fork tender. Carefully remove the skin and cut into chunks: toss with the butter, sugar, lemon juice and cinnamon. Serve warm.

# Louis' Cider Glazed Squash



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### INGREDIENTS:

1 whole large squash, any variety or 2 medium ones  
3 tablespoons of unsalted butter  
1/4 cup of fresh sage leaves, roughly chopped  
2 tablespoons of fresh rosemary, chopped  
1-1/2 cups of apple cider

1 cup of water  
2 teaspoons of sherry vinegar  
1 teaspoon of kosher salt  
freshly ground black pepper to taste

### DIRECTIONS:

Carefully peel the skin of the squash, seed and core: then cut the squash into medium chunks. Add the butter to a saute pan and saute the sage and rosemary for about 5 minutes. Add the squash, apple cider, water and sherry vinegar and cook on medium heat until the squash is tender and the cider has turned into a glaze. Adjust the taste with salt and pepper, serve warm.

# Louis' Winter Medley



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### INGREDIENTS:

- 2 gourds of squash, different varieties, skin removed, cored and seeded
- 1 yellow onion, cut into slivers
- 1 red bell pepper, cored, seeded and julienned
- 1 green bell pepper, cored, seeded and julienned
- 1 clove of fresh garlic, skin removed and left as whole pieces (toes)
- 4 oz. baby carrots
- 4 oz. of red grape tomatoes
- olive oil to coat
- salt and pepper to taste
- 4 fresh rosemary sprigs for flavor

### DIRECTIONS:

Preheat oven to 375 degrees. Toss all the vegetables and rosemary with olive oil and add a dash of salt and pepper. Place on a baking sheet pan and cook until all vegetables are soft and somewhat charred. Adjust salt and pepper to taste and serve hot !!!!