



Recipes for Fresh Squash and Dried Figs



Stuffed Acorn Squash



Parmesan Acorn Strips



Squash and Bean Soup



Fig and Lemon Chicken



Fig Scones



Fig and Walnut Spread



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Special Cooking Tips

- ✓ Squash will be easier to manage if you microwave it for 1 – 2 minutes before cutting it.
- ✓ Figs may be substituted for raisins or dates in most of your favorite recipes.

Parmesan Acorn Strips

You will need:

1 2-pound acorn squash, halved, seeded, and cut into $\frac{3}{4}$ inch slices $\frac{1}{4}$ cup grated Parmesan cheese
2 tbsp. olive oil kosher salt and black pepper

Instructions:

- Preheat oven to 400 degrees F. Add olive oil, salt, and pepper to a gallon size zip-lock baggie.
- Place squash slices into the baggie and shake until all pieces are covered with oil mixture.
- Place pieces on a rimmed baking sheet and sprinkle with Parmesan cheese.
- Roast the squash until golden brown and tender; about 25 - 30 minutes.

Squash and Bean Soup

You will need:

1 butternut squash, peeled and cut into $\frac{1}{2}$ inch cubes; 4 cups 1 tbsp. olive oil 1 tbsp. fresh thyme
2 (15 oz.) cans cannellini beans, rinsed 1 (14.5 oz.) can diced tomatoes salt and pepper to taste
4 cups fresh spinach, thick stems removed $\frac{1}{4}$ cup shredded Parmesan cheese 1 onion, chopped

Instructions:

- Heat the oil in a Dutch oven over medium-high heat. Add the onion and stir 5 - 6 minutes until soft.
- Add tomatoes and their juices and cook, stirring occasionally for 3 minutes.
- Stir in the squash, thyme, 5 cups of water, 1-1/2 tsp. salt, and $\frac{1}{4}$ tsp. pepper. Bring to a boil.
- Reduce heat and simmer until the squash is tender, about 15 minutes.
- Add beans and spinach and cook until spinach is wilted. Sprinkle with Parmesan right before serving.

Stuffed Acorn Squash

You will need:

2 medium acorn squash, halved, seeds removed 3 tbsp. olive oil 1 onion, finely chopped
8 oz. turkey sausage, casings removed 2 cloves garlic, minced $\frac{1}{4}$ cup grated Parmesan
1 (10 oz.) package chopped frozen spinach, thawed and squeezed dry $\frac{1}{4}$ cup Panko salt

Instructions:

- Preheat oven to 400 degrees F. Line baking sheet with foil. Brush inside of squash with olive oil.
- Sprinkle with salt. Place, cut side down, on baking sheet. Bake until tender, 30 - 45 minutes.
- Warm 1 tbsp. oil in a large skillet over medium heat. Cook onion until softened, about 3 minutes.
- Add sausage; cook, breaking into small pieces, until lightly browned, about 5 - 6 minutes.
- Stir in garlic and spinach; sauté until heated through, 1 - 2 minutes.
- Preheat broiler to high. Flip squash halves over and fill with sausage mixture.
- In a small bowl, mix Parmesan, Panko, and remaining 1 tbsp. olive oil. Sprinkle over squash.
- Broil until topping is golden, 1 - 2 minutes. Serve.

Fig and Walnut Spread

You will need:

$\frac{1}{2}$ cup dried, chopped figs
 $\frac{1}{2}$ tsp. kosher salt
8 oz. cream cheese at room temperature
2 tbsp. thinly sliced scallions, optional
 $\frac{1}{4}$ cup chopped walnuts

Instructions:

- Finely chop figs in a food blender. Add cream cheese and process until well combined.
- Add walnuts and salt; pulse just to blend. Scrape into a bowl. Add scallions, if desired.
- Serve spread on celery boats, crackers, apple or pear slices, bagels, or toast.

Fig and Lemon Chicken

You will need:

1 cup dried, chopped figs
 $\frac{1}{4}$ cup brown sugar
6 - 8 chicken thighs
1 tsp. dried parsley
1 lemon, juiced
 $\frac{1}{4}$ cup white vinegar
salt to taste
1 lemon, sliced
 $\frac{1}{4}$ cup water
1 tbsp. fresh parsley, chopped

Instructions:

- Preheat oven to 400 degrees F. Combine lemon juice, brown sugar, vinegar, and water. Set aside.
- Place figs and lemon slices in bottom of an 11x16-inch baking/roasting dish. Place chicken on top.
- Pour vinegar mixture over chicken. Sprinkle with dried parsley and salt to taste.
- Bake/roast for 50 minutes, basting frequently. Turn figs if they begin to brown.
- Use slotted spoon to remove chicken, figs, and lemon slices from baking dish and place on warm platter.
- Skim fat from baking juices and pour over chicken as a sauce. Garnish with fresh parsley.

Fig Scones

You will need:

$\frac{2}{3}$ cup dried fig cubes
 $\frac{1}{2}$ tsp. salt
 $\frac{2}{3}$ cup milk or buttermilk
2-1/2 cups flour
8 tbsp. cold unsalted butter, cut up
1 tbsp. baking powder
 $\frac{1}{4}$ cup granulated sugar

Instructions:

- Preheat oven to 425 degrees F. Put flour, baking powder, and salt into a large bowl.
- Add butter and cut in with a pastry blender or use fingers until mixture looks like fine crumbs.
- Add sugar; toss to mix. Add milk. Add figs. Stir with a wooden spoon until dough forms.
- Knead dough into a ball on a floured counter top. Pat or roll into a circle about $\frac{1}{2}$ -inch thick.
- Cut circle into 6 or 8 pieces. Bake on a greased cookie sheet for about 12 min. until tops are brown.

Gluten Free Fig Muffins

You will need:

$\frac{1}{2}$ cup dried fig cubes
1 cup buttermilk
1-1/2 tsp. baking powder
 $\frac{3}{4}$ cup oil
 $\frac{1}{2}$ cup applesauce
1-1/2 tsp. cinnamon
6 tbsp. brown sugar
1 cup gluten free flour
 $\frac{1}{2}$ cup walnuts
1 egg
1 cup oatmeal
 $\frac{3}{4}$ tsp. baking soda
 $\frac{1}{4}$ tsp. salt

Instructions:

- Preheat oven to 375 degrees F. Mix oil and brown sugar together. Beat in egg.
- Add the buttermilk and applesauce, blending well. In a separate bowl, blend all dry ingredients.
- Add the figs and walnuts and toss to coat. Add dry ingredients to wet ingredients and blend until dry ingredients are absorbed. Do not over mix.
- Bake for about 20 minutes or more for regular size muffins.
- Test for doneness by lightly pressing on muffin tops to see if they spring back.
- Note: May be made with non-gluten free flour and eliminate the applesauce.