

Savoury Squash Squares

(From The High Performance Cookbook)

Note: contains dairy.

Yield: 2 adult dinner size portions.

1 medium butternut squash
2 oz. button mushrooms, chopped
2 small cooking onions, chopped
10 sprigs of fresh parsley, chopped
1 clove garlic, minced
1 / 2 tsp dried oregano
1 / 2 tsp dried basil
1 tsp butter or coconut oil
1 cup peeled chopped tomatoes (may be canned)
1 cup low fat (1%) cottage cheese
butter or coconut oil for greasing
1 / 4 cup bulgur* (for a gluten free version, use buckwheat instead)

Prepare bulgur/buckwheat by combining with 3 / 4 cup of water.

Cut squash in half, and remove seeds. Bake it, cut side down, in ½ inch of water at 375 F for 35-40 minutes.

While the squash is cooking, heat the oil on medium in a saucepan. saute the mushrooms, onions, parsley, garlic, oregano and basil together over medium heat until tender, for about 10 minutes.

Add tomatoes and cook for another 3 minutes. Remove from heat and add cottage cheese.

When squash is soft, remove from oven and cool for a few minutes before attempting to remove skin. This may be done by scraping the flesh, now soft, away from the skin. Then, combine the squash with the cottage cheese mixture.

Prepare a baking pan with coconut oil and scoop the squash and cheese mixture into the pan. Sprinkle the bulgur or millet over the casserole evenly. Bake at 400 F for 15 minutes. Serve hot and enjoy!

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