

### 1: Instant Pot® Spicy Butternut Squash Soup Recipe - [www.enganchecubano.com](http://www.enganchecubano.com)

*Grate the squash (kaddoo). Mix 2 cups of the grated squash, gram flour and rice flour in a bowl. Grind the ginger and green chillis to a fine paste and add it to the above mixture. Add jeera powder, dhania powder, yogurt, baking powder, salt and mix well without adding water. Set it aside for 10 minutes.*

I just love it! I typically buy one good-sized spaghetti squash, roast the whole thing and then use it, one half at a time, to make two different dishes. I shredded the first half of this squash and then prepared it one of my favorite simple ways by lightly tossing it with olive oil, parmesan cheese and marinara. But, I wanted to try something different with the second half. I have a serious thing for food shaped into patties. Whatever you want to call such dishes, I firmly believe that many types of meat and vegetables, or both, are better formed into fun, round shapes. So, anyhow, I really wanted to create spaghetti squash cakes of some kind. Lastly, I added one egg to bind it all together. These cakes are bit messy to form in your hand. The moist squash mixture loosely forms into the patty shape and the structure really comes together when the egg cooks through it in the pan. Just use your spatula to gently push and form them back together and all will be fine. These are worth the effort and they turned out even better than I expected. I dare say, that this is another keeper for the meatless meal list! First, remove as much excess moisture from the spaghetti squash as possible by lightly squeezing the shredded squash, one cup at a time, between paper towels. Combine drained squash with the rest of the vegetables and the spices. Mix well and then fold in the beaten egg. One at a time and as best as you can, form the squash mixture into inch patties. Spray the skillet with non-stick spray and add the patties, one at a time, to your pan. Cook over medium heat about minutes on each side or until firm and done. Serve with sour cream, salsa and guacamole, if you like.

### 2: Spicy Roasted Squash | Vegetables Recipes | Jamie Oliver Recipes

*Spicy Mexican Spaghetti Squash Cakes Friday, February 19, Spaghetti squash was new to me as recently as two years ago, but it's become a staple item here in my kitchen.*

I have heard this story told countless times by both my father and grandfather. And without fail, it is told with the utmost affection and delight. Having never met my grandmother, this story has been a treasure of mine. But now that I am sitting down and putting this story to paper to computer? Do you ever find that? I guarantee if you heard my father or grandfather tell this story, you would be completely enamored by who my grandmother was; her sweetness and her warmth would translate through their voices. Should I stop rambling and tell you the story? He took her out to eat every night. They used their oven as an extra pantry cabinet! There are countless grandma cooking fiasco stories, but this story is about a baking contest. And about how a girl convinced that she had no talents in the kitchen won first prize. Each student was given their own baking station and an hour to bake a cake from scratch. To my grandmother, this was like saying fly to the moon. I always picture a kitchen classroom, filled with teenage girls, rushing around, feverishly preparing their cakes. So thoroughly convinced of her ineptitude, she decided to participate in the contest *à la* style. As the minutes ticked by and the deadline approached, she realized all of her giggling and chatting had not produced a cake. My grandmother bounces from station to station quietly asking each girl for a scoop of their batter. After a couple of raised eyebrows and several uncontrollable giggles, my grandmother returns to her station with a bowl full of batter. Fast forward to a room full of sweet smelling cake. They slide their forks through the delicate crumb and savor the light and sweet taste of this extraordinarily large cake. After a short huddle, the judges are ready to announce the winner. And now she had won first prize! Did she feel guilty? Was she afraid the other girls would be mad at her? Was she happy to have won? When my grandfather retired and they moved to Florida, he joked that it would take them an hour to walk from their door to the condo pool. I understand this well because it is exactly how my father is. She was always so well-loved. And this is precisely why the girls all willingly gave her their batter. It was one of her favorite stories to tell. Always sharing it with a giggle. I bet some of those girls were annoyed at her, but I imagine it was the kind of annoyance you have at someone you adore, where you have to bite your tongue to not laugh right alongside them and the circumstances. These little cakes are a tribute to my grandmother and her first-prize medal. I took little bits of recipes from around the web to create these little spice cakes in honor of her. I hope these little cakes make her proud. And a bit more about these spice cakes, I am in love with the spicy flavor of the batter. To get around this, after seeing this post, I decided to concentrate the buttercup squash in the center of the cake.

### 3: Mini Buttercup Squash Spice Cakes & A Baking Contest -

*Place squash, cut side-down, on the prepared baking sheet. Roast until fork tender, 45 to 55 minutes. Let cool slightly, then pull flesh from squash with a fork. Squeeze out excess liquid and set aside 2 cups for the cake. Reduce heat to 350° F. Grease an 8-inch round cake pan and line with parchment paper.*

Summer squash differs from fall and winter squash in that it is selected to be harvested before the rind hardens and the fruit matures. It grows on bush-type plants that do not spread like the plants of fall and winter squash and pumpkin. A few healthy and well-maintained plants produce abundant yields. Recommended Varieties Summer squash appears in many different fruit shapes and colors: Scallop or Patty Pan is round and flattened like a plate with scalloped edges, usually white but sometimes yellow or green. Constricted neck is thinner at the stem end than the blossom end, classified as either "crookneck" or "straightneck" depending on if the stem end is straight or bent, and is usually yellow. Cylindrical to club-shaped Italian marrows, such as zucchini, cocozelle and caserta, are usually shades of green, but may be yellow or nearly white. The varietal selection of summer squash has markedly changed in recent years and the number of varieties offered has greatly expanded as the result of new interest, hybridization and introduction of disease resistance. The number of varieties is staggering. Recommended varieties of summer squash include: When to Plant Plant anytime after the danger of frost has passed, from early spring until midsummer. Some gardeners have two main plantings - one for early summer harvest and another for late summer and fall harvest. Cover one inch deep. When the plants are 2 to 3 inches tall, thin to one vigorous plant or no more than two or three plants per hill. Care Any well-drained garden soil produces excellent yields of summer squash. Certain mulches increase earliness and yields, because the roots are shallow. Harvesting Because summer squash develop very rapidly after pollination, they are often picked when they are too large and overmature. They should be harvested when small and tender for best quality. Most elongated varieties are picked when they are 2 inches or less in diameter and 6 to 8 inches long. Patty Pan types are harvested when they are 3 to 4 inches in diameter. Slightly larger fruit may be salvaged by hollowing out and using them for stuffing. These larger fruits may also be grated for baking in breads and other items. Do not allow summer squash to become large, hard and seedy because they sap strength from the plant that could better be used to produce more young fruit. Pick oversized squash with developed seeds and hard skin and throw them away. Go over the plants every 1 or 2 days. Squash grow rapidly; especially in hot weather and are usually ready to pick within 4 to 8 days after flowering. Although summer squash has both male and female flowers, only the female flowers produce fruits. Because the fruits are harvested when still immature, they bruise and scratch easily. Handle with care and use immediately after picking. Be careful when picking summer squash, as the leafstalks and stems are prickly and can scratch and irritate unprotected hands and arms. Use a sharp knife or pruning shears to harvest and wear gloves if possible. Some gardeners also pick the open male and female blossoms before the fruits develop. Especially the female blossoms, with tiny fruit attached, are a delicacy when dipped in a batter and fried. Common Problems Cucumber beetles attack seedlings, vines and both immature and mature fruits. They can be controlled with a suggested insecticide applied weekly either as a spray or dust. Be alert for an infestation of cucumber beetles in early September because these beetles can damage the mature fruits. For more information on cucumber beetles, see our feature in the Bug Review. Squash bugs attack vines as the fruit begin to set and increase in numbers through the late summer, when they can be quite damaging to maturing fruit. They hatch and travel in groups, which seem to travel in herds until they reach maturity. Using the proper insecticide when the numbers of this pest are still small minimizes damage. Will summer squash cross with winter squash? Cross-pollination is not evident in the current crop, but the seed should not be sown for the following year. Summer squash does not cross with melons or cucumbers. Like winter squash, summer squash is an edible gourd. Unlike winter squash, it is harvested at the immature stage. Ideally, summer squash should be harvested at 6 to 8 inches in length. Pattypan and scallopini are ready when they measure about 3 to 4 inches in diameter or less. Tiny baby squash are delicious too. Large rock-hard squashes serve a better purpose on the compost heap than in the kitchen. Cut the squash from the vine using a sharp knife or pruning

shears to avoid damaging the plant. Summer squash vines are very prolific, the more harvest the greater the yield. The most important characteristic to remember is that summer squash is best when immature, young and tender. In this section, summer squash varieties will be limited to zucchini, yellow squash crooked and straight, pattypan which is also called scalloped and scallopini. Because summer squash is immature, the skin is very thin and susceptible to damage. The average family only needs to plant one or two of each variety. To store summer squash, harvest small squash and place, unwashed in plastic bags in the crisper drawer of the refrigerator. Wash the squash just before preparation. As with most vegetables, water droplets promote decay during storage. The storage life of summer squash is brief, so use within two to three days. Squash Blossoms Squash blossoms are edible flowers, raw or cooked. Both summer and winter squash blossoms can be battered and fried in a little oil for a wonderful taste sensation. Harvest only the male blossoms unless the goal is to reduce production. Male blossoms are easily distinguished from the female blossoms. The stem of the male blossom is thin and trim. The stem of the female blossom is very thick. At the base of the female flower below the petals is a small bulge, which is the developing squash. Always leave a few male blossoms on the vine for pollination purposes. There are always many more male flowers than female. Harvest only the male squash blossoms unless you are trying to reduce production. The female blossom can be harvested with a tiny squash growing at the end and used in recipes along with full blossoms. Use the blossom of any variety of summer or winter squash in your favorite squash blossom recipe. Use pruning shears or a sharp knife to cut squash blossoms at midday when the petals are open, leaving one inch of stem. Gently rinse in a pan of cool water and store in ice water in the refrigerator until ready to use. The flowers can be stored for a few hours or up to 1 or 2 days. A recipe for Stuffed Squash Blossoms is in the recipe portion of this section. Generally, there is little variation in nutritional value between varieties. The peel is where many of the nutrients hide, so never peel summer squash. Nutrition Facts 1 cup sliced, raw zucchini Calories

#### 4: Best Spicy Summer Squash With Herbs recipes | Food Network UK

*I love this story, I love buttercup squash, baking with squash and buckwheat flour and the look and sound of these mini cakes. Your grandma sounds like a resourceful woman, not a cheat in the least. The objective was achieved, bake a cake from scratch and that she did!*

#### 5: Spicy Mexican Spaghetti Squash Cakes - A Little Fish in the Kitchen

*Watch out, carrot cake. An intriguing mix of spices, plus coconut sugar for subtle sweetness, put this butternut squash cake over the top. (And did we mention the bourbon?) You'll need 3 round cake pans (8 in. each).*

#### 6: Best Grated Spicy Butternut Squash recipes | Food Network UK

*Spicy Italian Cucuzza Squash Bake recipe is an easy, vegetarian Meatless Monday meal to make in about 30 minutes using either cucuzza or regular yellow squash.*

#### 7: Sweet & Spicy Squash

*Add in shredded squash; stir to combine. Gradually add in dry ingredients, stir well. Pour mixture into a greased and floured 8 1/2 x 4 1/2-inch loafpan. Bake at degrees for 1 hour, 5 minutes or until pick comes out clean. Cool for 10 minutes in the pan; turn out onto a wire rack and let cool completely.*

#### 8: Spicy Squash Cakes - Manjula's Kitchen - Indian Vegetarian Recipes

*Add the squash, jalapenos, onions, vinegar, 3/4 teaspoon salt and pepper to taste and stir to combine. Cover and cook until the squash starts to brown, stirring twice during cooking, about 6 minutes.*

### 9: Spiced Squash Pancakes

*Gingerbread cake with butternut squash butter by Francisco Migoya So Good Magazine 1 clove powder, cinnamon, baking soda, molasses, pastry flour, butternut squash and 15 more.*

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