

Roasted Squash & Green Beans

Turkey Day Primer | November 2007



Roast the squash and cook the beans the day before, so on Thanksgiving Day all you have to do is season and heat them through.

PREP: 40 MINUTES ROAST: 30 MINUTES CHILL: UP TO 24 HOURS BAKE: 35 MINUTES OVEN: 375°

- 1 MEDIUM BUTTERNUT SQUASH (ABOUT 2 LB.)
- 1 TBSP. OLIVE OIL
- 1/4– 1/2 TSP. APPLE PIE SPICE OR GROUND CINNAMON
- 2 TBSP. BALSAMIC VINEGAR
- 1/2 TSP. SALT
- 1/4 TSP. FRESHLY GROUND BLACK PEPPER
- 2 1/2 LB. GREEN AND/OR YELLOW WAX BEANS, TRIMMED
- 2 TBSP. BUTTER, MELTED
- 1 TSP. FINELY SHREDDED ORANGE PEEL
- 1/2 TSP. SALT
- 1/4 TSP. FRESHLY GROUND BLACK PEPPER
- 2–3 TBSP. TOASTED SLIVERED ALMONDS OR CHOPPED HAZELNUTS (OPTIONAL)
- FINELY SHREDDED ORANGE PEEL (OPTIONAL)

Peel the squash with a vegetable peeler or paring knife and cut into cubes, about 3/4-inch, discarding seeds. Toss with 1 tablespoon olive oil and apple pie spice in a foil-lined 15×10×1-inch baking pan. Roast, uncovered, in a 375° oven for 15 minutes. Add balsamic vinegar, tossing to coat. Roast for 15 minutes more or until just tender. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Place in a covered container; chill for up to 24 hours.

In a Dutch oven, cook beans, covered, in boiling salted water for 10 to 15 minutes or until crisp-tender. Drain. Cool quickly by rinsing under cold water. Place in a covered container and chill for up to 24 hours.

In a large roasting pan combine beans and squash. Toss gently with the butter, 1 teaspoon orange peel, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cover with foil and bake in a 375° oven for 30 to 35 minutes or until heated through, stirring twice. Sprinkle with nuts and additional shredded orange peel, if desired. Makes 12 servings.

Per serving: 84 cal., 3 g fat (1 g. sat. fat), 5 mg chol., 216 mg sodium, 14 g carbo., 4 g fiber, 2 g protein.