
Arabian Squash Casserole

This is one of my favorite recipes from the Moosewood Cookbook by Mollie Katzen

Preparation Time: 1 hour (after squash is cooked and puréed). 4-5 servings

4 C. cooked squash or pumpkin, mashed or puréed
1 T. olive oil
1 ½ C. chopped onion
1 tsp. salt
2 small bell peppers (one red and one green, if possible),
minced

4-5 medium cloves garlic, minced
black pepper and cayenne, to taste
½ C. firm yogurt
1 C. crumbled feta cheese
OPTIONAL: sunflower seeds and / or minced walnuts, for
the top

Heat oven to 375°.

Place the mashed or puréed squash in a large bowl.

Heat the olive oil in a medium-sized skillet. Add onion, and sauté over medium heat for about 5 minutes. Add salt and bell peppers. Sauté about 5 more minutes, or until the peppers begin to get soft.

Add garlic, black pepper, and cayenne, and sauté a few more minutes.

Add the sauté, along with yogurt and feta, to the squash, and mix well. Spread into an ungreased 9-inch square baking pan; sprinkle the top lightly with sunflower and / or minced walnuts.

Bake uncovered for 25 to 30 minutes, or until bubbly.

Yum!

