

FOOD

Spicy Pan-Fried Squash

Pan-fried squash makes an excellent taco filler! Serve on warm, fresh corn tortillas. Top with black beans, cheese, lettuce, tomatoes, avocado and your favorite salsa.

Ingredients

- 1 acorn squash, halved and seeded
- 1/2 onion, cut into chunks
- 2 tablespoons all-purpose flour
- 2 eggs, lightly beaten
- 1 tablespoon ground cumin
- salt to taste
- ground black pepper to taste
- ground red pepper to taste
- 1/4 cup olive oil

Directions

1. Cut squash into chunks and remove rind. Shred squash and onion in a food processor. Place in a colander and press with a potato masher to drain any excess liquid. Transfer to a bowl and mix with flour and egg. Season with cumin, salt, pepper, and red pepper.
2. Heat the oil in a large skillet over medium heat. Place walnut-sized scoops of the squash mixture into the hot oil. Press flat with a spatula. Cook 3 to 5 minutes on each side, until golden brown. Drain on paper towels.



Cheddar Bacon Hamburgers

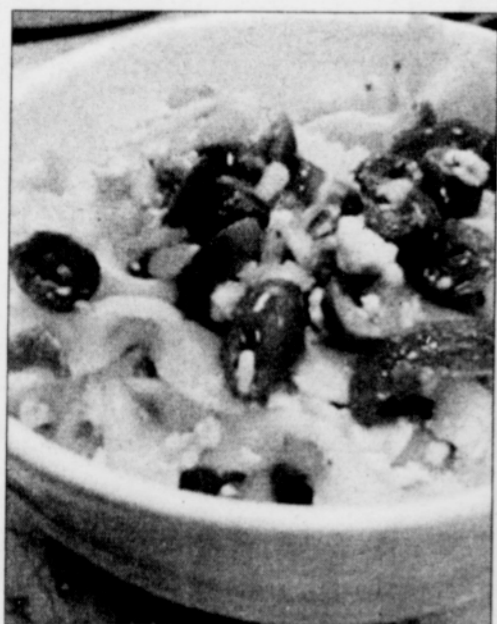
A great and easy way to add some flavor to your hamburgers!

Ingredients

- 1 pound ground beef
- 1/2 cup shredded Cheddar cheese
- 2 tablespoons prepared horseradish
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 cup real bacon bits
- 4 hamburger buns

Directions

1. Preheat grill for high heat.
2. In a large bowl, mix together the ground beef, Cheddar cheese, horseradish, salt, pepper, garlic powder, and bacon bits using your hands. Shape the mixture into 4 hamburger patties.
3. Lightly oil the grill grate. Place hamburger patties on the grill, and cook for 5 minutes per side, or until well done. Serve on buns.



Pasta

Siciliano

This wonderful and easy skillet pasta dish includes sun-dried tomatoes, olives, pine nuts, feta cheese, and crushed red pepper flakes.

Ingredients

- 1 (16 ounce) package uncooked farfalle pasta
- 1/4 cup olive oil
- 3 cloves chopped garlic
- 1 teaspoon crushed red pepper flakes
- 2 tablespoons lemon juice
- 1/2 cup pine nuts
- 1 (2.25 ounce) can sliced black olives
- 1/2 cup chopped sun-dried tomatoes
- 1 cup crumbled feta cheese
- salt and pepper to taste

continued ▼ on page 12

NEW SEASONS MARKET

RIPE HERE, RIPE NOW!

EASY & FUN TO SHOP • SENSIBLY PRICED • LOCALLY OWNED & OPERATED

ARBOR LODGE • 503.467.4777

Interstate Ave & Portland Blvd

CONCORDIA • 503.288.3838

NE 33rd & Killingsworth

Sign up for our weekly e-newsletter at NewSeasonsMarket.com • Connect with us

