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FOOD

Butternut Squash Swiss Chard Tart with Olive Oil Crust

Crust Ingredients:

- 1-1/2 cups whole wheat pastry flour
- 3 Tbsp. pine nuts, toasted and chopped
- 1/4 tsp. kosher salt
- 1/4 tsp. freshly ground pepper
- 1/4 tsp. baking powder
- 1/4 cup Arbequina or Arbosana EVOO
- 3 Tbsp. ice water

Tart Ingredients:

- 3 cups peeled and cubed butternut squash
- 4 tsp. Arbequina or Arbosana EVOO
- 3/4 cup chopped onion
- 4 garlic cloves, thinly sliced
- 1 bunch Swiss chard, trimmed and thinly sliced (about 5 cups)



- 1 Tbsp. Traditional Balsamic Condimento
- 1/2 tsp. kosher salt
- 1/4 tsp. pepper
- 2 large eggs, lightly beaten
- 2-1/2 oz. Gruyere cheese, finely grated

Directions:

1. Preheat oven to 400 degrees.
2. Lightly spoon flour into dry measuring cups. Level with knife.
3. In a food processor, combine flour, 1-1/2 Tbsp. nuts, 1/4 tsp. salt, 1/4 tsp. pepper, and baking powder. Pulse to combine.
4. Combine 1/4 cup Arbequina EVOO and 3 Tbsp. water in a small bowl. With processor on, slowly add oil mixture through the food chute. Process until dough is crumbly. Sprinkle dough into a 9-inch pie plate coated with cooking spray. Press dough evenly into bottom and up the sides of pie plate. Bake at 400 degrees until lightly browned, about 20-24 minutes.
5. Combine cubed squash and 1 tsp. Arbequina EVOO on a rimmed baking sheet coated with cooking spray. Toss. Bake at 400 degrees for 25 minutes, stirring just once.
6. Heat a large nonstick skillet over medium heat. Add remaining 3 tsp. (1 Tbsp.) Arbequina or Arbosana EVOO to the pan and swirl to coat. Add onion and garlic. Saute 7 minutes. Add chard, Traditional Balsamic Condimento, 1/2 tsp. salt and 1/4 tsp. pepper. Cook 3 minutes or until chard wilts.
7. Combine the chard mixture with the eggs and 2 oz. cheese in a large bowl. Add squash and remaining half of the nuts. Toss gently to coat. Pour the squash mixture into the crust, and sprinkle with the remaining cheese.
8. Bake tart at 400 degrees until the filling is set, about 20-25 minutes.



Garlic Butter Acorn Squash

Ingredients:

- cooking spray
- 2 acorn squash, halved and seeded
- 1/4 cup butter, divided
- 4 teaspoons minced garlic, divided
- salt and ground black pepper to taste

Directions:

1. Preheat oven to 400 degrees F (200 degrees C). Spray a 9x13-inch baking dish with cooking spray.
2. Place each squash half in the baking dish, cut side down.
3. Bake squash in the preheated oven for 30 minutes. Flip squash over and place 1 tablespoon butter and 1 teaspoon garlic into each squash. Season with salt and pepper.
4. Bake squash, cut-side up until tender, about 20 more minutes. Cool for about 5 minutes before serving.



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