

COOKING WITH THE CLASSICS

Enjoy the very contemporary & comforting winter-time dish:
Meatloaf with Winter Squash Casserole
while listening to the works of modern day artists performing
classical works or performing in the classical style....



What you need for the Meatloaf:

- 2 pounds ground turkey (or beef)
- 1 small onion, grated
- 1 clove garlic, minced
- 1 egg
- 2 tablespoon ketchup (or tomato sauce or tomato paste)
- 1/2 cup dry, seasoned breadcrumbs or panko crumbs
- 1 tablespoon Worcestershire sauce
- sea salt and pepper as desired
- 1 tablespoon dry or fresh parsley
- 1/2 cup winter (or acorn) squash
- 1/4 cup dried cherries or cranberries

Steps:

Peel and dice the squash; cook halfway by putting into microwave oven on high for 3 to 5 min. in a microwave- safe bowl, covered. (***) caution when removing cover, steam will release.)

In a large bowl mix all ingredients including the squash, by hand, until well blended.

Pack into a 9 x 5 loaf or meatloaf pan (pre-spray pan with cooking spray)

Bake 350 degrees F for about 45 minutes or until top is browned and loaf of meat is cooked.

Drain off any excess fat.

Sprinkle top of loaf with some of the dried fruit and serve with side dish of "Winter Squash Casserole" (see below recipe).



What you need for the Winter Squash Casserole:

1 acorn (or winter) squash, seeded and cubed bite size
1 large yam, peeled and cut into 1-inch pieces
1/2 cup dried cranberries
1/2 cup apricot jam
1/4 cup pomegranate juice
2 tablespoons minced garlic
2 tablespoons cinnamon

Steps:

Preheat an oven to 400 degrees F.

Fill a 9x13-inch baking dish with 1/2-inch of water. Place the acorn squash and yam mix in the dish. Cover tightly with aluminum foil.

Bake in the preheated oven until the acorn squash and yam is tender, about 25 minutes.

Meanwhile, combine the apricot jam, and pomegranate juice in a saucepan. Stir in the dried cranberries, garlic, and cinnamon. Bring to a boil over medium-high heat, until it thickens into a sauce consistency, about 5 minutes.

When the squash is tender, drain off the water.

Add the sauce, and continue baking for another 20 minutes.

Sprinkle with chopped walnuts. Garnish with pomegranate seeds.

Serves 4 to 6 people.

Enjoy!