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Fresh Recipes for all Seasons

Al. Harrison COMPANY

Spaghetti Squash Saute



INGREDIENTS

1 spaghetti squash, halved lengthwise and seeded
2 tablespoons vegetable oil
1 onion, chopped
1 clove garlic, minced
1 1/2 cups chopped tomatoes
3/4 cup crumbled feta cheese
3 tablespoons sliced black olives
2 tablespoons chopped fresh basil

DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.

Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Saute onion in oil until tender. Add garlic, and saute for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.

Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sauteed vegetables, feta cheese, olives, and basil. Serve warm.

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Cocido (Beef & Vegetable Soup)



INGREDIENTS

2 tablespoons achiote paste
1 1/2 teaspoons salt
2 teaspoons chili powder
1 teaspoon ground cumin
1 teaspoon olive oil
1/4 teaspoon ground red pepper
4 garlic cloves, minced
2 pounds boneless sirloin steak, trimmed and cut into 1-inch pieces
1 tablespoon olive oil
4 cups chopped onion
2 (14-ounce) cans chicken broth
1 (14.5-ounce) can fire-roasted diced tomatoes with green chiles, undrained
4 cups cubed peeled baking potato
3 cups cubed peeled butternut squash
2 cups (1/2-inch-thick) slices carrot
1 tablespoon white wine vinegar

DIRECTIONS

Combine first 7 ingredients, stirring with a fork until mixture resembles coarse meal; sprinkle 1 1/2 tablespoons achiote mixture evenly over beef, tossing to coat. Set remaining achiote mixture aside.

Heat oil in Dutch oven over medium-high heat. Add beef mixture; cook 2 minutes, browning on all sides. Remove beef from pan. Add onion to pan; sauté 3 minutes. Add remaining achiote mixture; cook 2 minutes, stirring frequently. Return beef mixture to pan. Stir in broth and tomatoes; bring to a boil.

Cover, reduce heat, and simmer 35 minutes. Add potato, chayote, and carrot; cover and simmer 35 minutes or until potato is tender. Remove from heat. Stir in vinegar.

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Honey Dew Smoothie



INGREDIENTS

2 cups honeydew melon chunks
1 kiwi fruit - peeled and chopped
1 cup white grape juice
6 to 8 ice cubes

DIRECTIONS

Place all the ingredients in the blender container. Process on high speed until the mixture is well-blended, the ice is completely crushed and the drink is smooth and creamy. Garnish with balls of fruit.

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Citrus Glazed Banana Squash

INGREDIENTS

1 1/2 pounds banana squash, peeled and cubed
1/4 cup butter
2 tablespoons water, or as needed
1 tablespoon orange juice
3 tablespoons apricot preserves
1/8 teaspoon ground cloves
1/4 teaspoon salt
1 pinch ground black pepper

DIRECTIONS

Melt butter in a large skillet over medium heat. Add squash cubes and water. Cover, and cook for about 5 minutes, or until squash is tender. Stir occasionally, and add more water if necessary to prevent squash from sticking to the pan.

Reduce heat to low, and stir in the orange juice, apricot preserves, cloves, salt and pepper. Cook and stir uncovered until squash is evenly glazed.

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Lemon Zucchini Bread



INGREDIENTS

1 1/2 cups shredded zucchini
3/4 cup white sugar
1 egg
1/2 cup vegetable oil
1 1/2 cups all-purpose flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1/4 teaspoon baking powder
1 teaspoon ground cinnamon
2 teaspoons lemon zest

DIRECTIONS

Preheat oven to 325 degrees F (165 degrees C). Grease an 8x4 inch loaf pan.

In a bowl, beat together the zucchini, sugar, egg, and oil. In a separate bowl, sift together the flour, salt, baking soda, and baking powder; stir in the cinnamon and lemon zest. Stir the flour mixture into the zucchini mixture just until blended. Pour the batter into the prepared pan.

Bake 45 minutes in the preheated oven, until a knife inserted in the center comes out clean. Remove from heat, and cool about 10 minutes before turning out onto a wire rack to cool completely.

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Fire & Ice Watermelon Salsa



INGREDIENTS

3 cups seeded and chopped watermelon
1/2 cup green peppers
2 tablespoons lime juice
1 tablespoon chopped cilantro
1 tablespoon green onion
1-2 tablespoons jalapeno peppers

DIRECTIONS

Combine ingredients; mix well and cover. Refrigerate 1 hour or more.

*Recipe courtesy of the [National Watermelon Promotion Board](#)

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Grandma's Cucumber Salad



INGREDIENTS

3 cucumbers, thinly sliced
1 small white onion, thinly sliced
1 cup white vinegar
1/2 cup water
3/4 cup white sugar
1 tablespoon dried dill, or to taste

DIRECTIONS

Toss together the cucumbers and onion in a large bowl. Combine the vinegar, water and sugar in a saucepan over medium-high heat.

Bring to a boil, and pour over the cucumber and onions. Stir in dill, cover, and refrigerate until cold. This can also be eaten at room temperature, but be sure to allow the cucumbers to marinate for at least 1 hour.

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Cool Watermelon Slushes



INGREDIENTS

6 ice cubes
2 cups cubed seeded watermelon
1 teaspoon honey

DIRECTIONS

Place the ice cubes into a blender. Cover, and pulse until crushed. Add the watermelon and blend for about 1 minute, until slushy. Add the honey, and blend for about 10 seconds. Garnish with fresh peppermint.

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Fajitas De Res Al Tequila



INGREDIENTS

2 lbs skirt steaks
3 garlic cloves, peeled and mashed
1/3 cup vegetable oil, plus 2 tablespoons vegetable oil
4 tablespoons tequila
1 teaspoon salt
4 tablespoons fresh lime juice (from real limes)
1 large white onion, sliced into thin crescents (half rings)
3 green bell peppers, cut into strips
1 teaspoon ground cumin

DIRECTIONS

Cut the steak into pieces that will fit on your grill, or into your grill pan or skillet. Place the pieces of meat into a non-reactive bowl.

Mix the garlic, lime juice, cumin, tequila, salt, and 1/3 cup vegetable oil. Pour over the meat and marinate for 2 hours. Remove the meat from the marinade and grill over hot coals or in a grill pan or skillet over med-high heat. Do not allow meat to dry by overcooking.

Heat the remaining 2 tbsp vegetable oil and sautee peppers and onions over med-high heat until they are crisp/tender.

Cut the grilled meat into strips and serve with pepper and onion mixture. Serve with warm flour or corn tortillas. Can also serve with optional sides: sour cream, avocados, guacamole, salsa, cheese, lettuce, etc.

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Pumpkin Scones



INGREDIENTS

1/4 cup softened butter
1/4 cup white sugar
1 egg
1 cup fresh pumpkin puree
1/4 cup milk
2 3/4 cups self-rising flour
2 tablespoons milk

DIRECTIONS

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet.

Cream together butter and sugar, then beat in egg, pumpkin puree and 1/4 cup milk until smooth. Stir in flour until a dough forms, then knead a few times on a well floured surface until the dough holds together. Press the dough into a flat circle 1/2 to 3/4 inch thick. Cut into 6 wedges, place onto greased baking sheet, and brush the tops with 2 tablespoons of milk.

Bake in the preheated oven until golden brown on top and bottom, 10 to 15 minutes. Once done, wrap scones with a clean dish towel and allow to cool for 15 minutes before serving.

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Scrumptious Squash Soup



INGREDIENTS

6 tablespoons chopped onion
4 tablespoons margarine
6 cups peeled/cubed butternut squash
3 cups water
4 cubes chicken bouillon
1/2 teaspoon dried marjoram
1/4 teaspoon ground black pepper
1/8 teaspoon ground cayenne pepper
2 (8 ounce) packages cream cheese

DIRECTIONS

In a large saucepan, saute onions in margarine until tender. Add squash, water, bouillon, marjoram, black pepper and cayenne pepper. Bring to boil; cook 20 minutes, or until squash is tender.

Puree squash and cream cheese in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil.

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Roasted Acorn Squash



INGREDIENTS

2 medium acorn squash
3 tablespoons butter
3 cloves garlic, minced
1 teaspoon ground coriander seed
1/2 teaspoon freshly grated nutmeg
1/2 teaspoon salt
freshly ground black pepper
fresh thyme sprigs for garnish

DIRECTIONS

Preheat the oven to 375 degrees F (190 degrees C).

Cut acorn squash in half. Roast them cut side up on a baking sheet for 50 minutes or until the flesh is just tender. Let the squash cool for 20 minutes.

In a large skillet over medium heat melt the butter; saute garlic. Mix in the coriander, and nutmeg. Cook the mixture 2 minutes more; then remove the pan from the heat.

Spoon the mixture over the roasted squash. Garnish with thyme and serve squash halves hot!

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