Arabian Squash Casserole

Makes 4-5 servings

From The New Moosewood Cookbook by Mollie Katzen

4 c. cooked pumpkin or squash, mashed or pureed

1 Tbsp. olive oil

1 ½ c. chopped onion

1 tsp. salt

2 small bell peppers (one red and one green, if possible), minced

4 or 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

Preheat oven to 375°F.

1. Place the mashed or pureed squash in a large bowl.
2. Heat the olive oil in a medium-sized skillet. Add salt and bell peppers. Sauté about 5 minutes more, or until the peppers begin to get soft.
3. Add garlic, black pepper, and cayenne, and sauté a few more minutes.
4. 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 seeds and/or minced walnuts.
5. Bake uncovered for 25 to 30 minutes, or until bubbly.

Variation: Chilean Squash

Delete: yogurt, feta, sunflower seeds, walnuts

Add to step 2: 1 tsp. cumin, ½ tsp. dried coriander (optional), 1 tsp. chili powder, 2 c. corn (frozen/defrosted=ok)

Top with: 1 c. grated cheddar