

Delightful Food Ideas

Superfoods, Squash And Figs, Star In Delectable Side Dish

(NAPSA)—Two of the hottest food trends this year, figs and squash, join forces in Sherry-Braised Squash with Figs and Rosemary. Excellent for dinner with family and friends or an intimate holiday meal, this versatile side dish goes especially well with roast pork and turkey. California figs bring an earthy sweetness to the dish that delightfully complements nutty-flavored butternut squash.

Here are some cooking tips and fun fig facts:

- Figs are superstars when it comes to fiber. One-half cup of dried California figs provides 10 grams of fiber, along with generous amounts of potassium, calcium, iron and magnesium.

- Fiber is linked to weight loss and to reducing the risk of diverticulitis, diabetes and heart disease when part of a diet low in saturated fat and cholesterol.

- Golden Calimyrnas are sweet and chewy with a slight nutty flavor. Dark purple Missions are sweet with thin skins and tiny edible seeds. They are interchangeable in most recipes.

- Butternut squash measures up admirably to figs. One cup of cooked squash contains 17 percent potassium that helps control blood pressure. It provides 24 percent of the daily fiber recommendation, a whopping 460 percent of the recommended vitamin A and 50 percent of the recommended vitamin C, all of which help with cholesterol management.

- To prepare squash, cut one inch from the bottom (larger end) and top. Peel outer skin. Stand it on end and cut down the center of the squash. Scoop out seeds and cube.



Cool-weather favorites, California dried figs and butternut squash, make great partners.

Sherry-Braised Squash With Figs & Rosemary

Preparation time: 15 minutes

Cooking time: 20 minutes

- 1 butternut or other winter squash (2½ to 3 pounds)**
- 1 tablespoon butter**
- 1 cup chopped yellow onion**
- 1 cup Blue Ribbon Orchard Choice or Sun-Maid dried California figs, stemmed and halved or quartered**
- ½ cup dry sherry or orange juice**
- ½ cup prepared chicken broth**
- 4 teaspoons chopped fresh rosemary (or 1½ teaspoons crumbled dry rosemary)**
- ¼ teaspoon salt**
- Chopped fresh parsley**

Peel squash and cut into ¾- to 1-inch chunks to measure 4 cups. Heat butter in large skillet or saucepan over medium heat. Add onion. Cook, stirring frequently, until golden. Add squash, figs, sherry, broth, rosemary and salt. Bring to boil; reduce heat and simmer gently, covered, 10 minutes or until squash is tender. If liquid remains, remove figs and vegetables with slotted spoon to serving bowl; simmer uncovered until liquid is reduced to 3 to 4 tablespoons. Pour liquid over squash mixture. Serve warm, garnished with parsley. Makes about 4 cups (6 servings).