

Winter Squash Souffle` and Greens

From – myrecipes.com

1 butternut squash
½ cup 1% low-fat milk
1/3 cup shredded fontina cheese
¼ tsp salt
1 large egg
1 large egg white
cooking spray
2 qt water
½ tsp salt
8 cups finely chopped Swiss chard or collard greens
1 tsp butter

- Preheat oven to 375 degrees.
- Cut squash in half lengthwise. Discard seeds and membrane. Place squash halves, cut sides down, on a baking sheet. Bake for 45 minutes or until tender. Cool, peel and mash. Set aside 2 cups pulp, reserving remaining pulp for another use.
- Combine squash pulp, milk, cheese, salt, egg and egg white in a food processor. Process until smooth.
- Pour into a 1-qt souffle` dish coated with cooking spray.
- Place souffle` dish in a 9” square baking pan. Add hot water to pan to a depth of 1 inch.
- Bake for 40 minutes or until puffy and set.
- While squash is baking, bring 2 quarts water and ½ tsp salt to a boil in a 8-quart stockpot or Dutch oven.
- Add Swiss chard. Cook and cover 8 minutes. Drain well. Toss with butter and serve with souffle.



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