**Wild Rice- Stuffed Buttercup Squash**

2 buttercup squash, halved & seeded

2 c. cooked wild rice (about 1/2 c. uncooked)

1/2 tsp. salt

2 tsp. grated orange rind

1 tbsp. brown sugar

1 c. chopped walnuts

1/2 c. orange juice

Fill the squash cavities with a mixture of the wild rice, seasoned salt, orange rind, brown sugar and chopped nuts. Bake, covered at 350 degrees for an hour, basting from time to time with the orange juice. When squash is tender, serve with 1/2 teaspoon brown sugar sprinkled atop the wild rice - stuffed squash, if desired. Serves 4.

**Cream of Winter Vegetable Soup**

Read more about it at www.cooks.com/rec/view/0,1748,158183-255201,00.html

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2 c. chopped, peeled potatoes

1 1/2 c. chopped, peeled winter squash (butternut, or buttercup)

1/2 c. chopped celery

1 sm. onion, chopped

1 clove garlic, minced

2 tbsp. snipped parsley

1 tsp. dry mustard

1 tsp. finely shredded lemon peel

1/2 tsp. pepper

1 (10 3/4 oz.) can condensed chicken broth

1 1/4 c. light cream

In a large saucepan, combine the potatoes, squash, celery, onion, garlic, parsley, dry mustard, lemon peel and pepper. Stir in chicken broth. Bring to a boil. Reduce heat, cover and simmer 20 minutes until veggies are tender. Transfer mixture to food processor or blender and process until smooth. Return pureed mixture to saucepan, stir in cream. Heat through. May serve with seasoned croutons. May prepare the night before and save last step for day of consumption. Great for Thanksgiving.