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**ENCHANTED
EATS**

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FALL COMFORT FOOD

As the fall season settles in, there's no better way to embrace the cooler weather than by indulging in comforting meals made with seasonal ingredients. In this collection, you'll find recipes that highlight the warm, earthy flavors of autumn—from sweet pumpkin pancakes to savory zucchini parmesan pasta, and roasted acorn squash with a touch of maple syrup. Whether you're hosting a cozy brunch, a family dinner, or just looking for new dishes to enjoy during the harvest season, these recipes are sure to bring the taste of fall right to your table.

PUMPKIN PANCAKES

RECIPE COURTESY OF ALLRECIPES.COM

Ingredients

1 ½ c milk
1 c pumpkin puree
1 large egg
2 T vegetable oil
2 T vinegar
2 c all-purpose flour
3 T brown sugar
2 t baking powder
1 t baking soda
1 t ground allspice
1 t ground cinnamon
½ t ground ginger
½ t salt
Cooking spray

Instructions

Gather all ingredients.

Stir milk, pumpkin, egg, oil, and vinegar together in a large bowl until well combined.

Whisk flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger, and salt together in a separate bowl. Add to pumpkin mixture; whisk just until combined.

Spray a griddle or frying pan with cooking spray; heat over medium-high heat.

Pour 3 to 4 tablespoons of batter for each pancake onto the hot griddle and flatten batter slightly with a spoon.

Cook until small bubbles appear, about 2 minutes.

Flip and cook until golden brown, about 2 more minutes. Repeat with remaining batter.

Serve hot with maple syrup and enjoy!

ZUCCHINI PARMESAN PASTA

RECIPE COURTESY OF HALFBAKEDHARVEST.COM

Ingredients

1 lb Rigatoni, or any cut works
2 T extra virgin olive oil
3-4 medium zucchini/yellow summer squash, shredded or chopped
3 cloves garlic, chopped
1 T chopped fresh thyme
Chili flakes
Kosher salt and black pepper
2 T salted butter
1 c grated parmesan
1/2 c grated Pecorino or Manchego cheese
1 c fresh basil, chopped

Instructions

Bring a large pot of salted water to a boil and cook the pasta according to package directions until al dente. Just before draining, reserve 1-1/4 cups of the pasta cooking water. Drain.

Meanwhile, heat the olive oil in a large skillet over medium heat. Add the zucchini, garlic, thyme, chili flakes, salt, and pepper. Cook until the zucchini is golden, 5 minutes. Mix in the butter. Using the back of your spoon or a potato masher, mash down the zucchini until it becomes a chunky sauce.

Add 1 cup of reserved pasta water and bring to a simmer over medium heat. Add the pasta, parmesan, and cheese, and toss until melted. Add more pasta water if needed to thin the sauce. Remove from the heat and toss in the basil.

Serve topped with fresh basil and pepper. Enjoy!

Notes:

If a smooth sauce is desired, transfer the zucchini to a food processor before adding the pasta, and puree until smooth

ROASTED ACORN SQUASH

RECIPE COURTESY OF MARIA LICHTY

Ingredients

2 medium Acorn squash, about 1-½ lbs each
1/2 T olive oil
4 T butter to add flavor! If you need the recipe to be dairy-free or vegan, you can omit the butter and only use olive oil.
2 T maple syrup
1/2 t sea salt
Cinnamon—optional, but so good!
Candied pecans

Instructions

Preheat the oven to 400 degrees F. Line a rimmed baking sheet with parchment paper and set aside.

Place the squash on a cutting board. Use a sharp chef's knife to slice ¼" off the stem end and base of the squash. Stand it up on one of the cut ends and slice in half, from top to bottom.

Pro tip: If the squash is too hard to cut, pierce it a few times with a sharp knife. Microwave in 1-minute bursts until it's soft enough to cut.

Use a large spoon to scoop out the seeds and stringy parts. Place squash on a baking sheet with its cut side up.

Brush the cut sides of the squash with olive oil. Place 1 tablespoon butter in the cavity of the squash and drizzle evenly with maple syrup. Sprinkle evenly with sea salt and cinnamon, if using.

Roast for 40 to 60 minutes, or until squash is tender when pierced with a fork. Time will vary depending on the size of your squash.

Remove from oven. Drizzle with additional maple syrup and sprinkle with sea salt, to taste.

You can cut the halves into wedges to make the squash easier to serve and eat.

Garnish with candied pecans, if desired.

