

fall squash à la sensual savory sauce and roasted hazelnuts

recipe by susan teton campbell

photography by jasper johal



Chef Susan Teton Campbell has a passion for raw foods that has taken her across the nation to educate parents, teachers and children on the foods' benefits. She champions the notion that whole foods rather than processed foods are vital to good health, and by excluding chemicals and sugars, health issues like attention disorders can be curbed.

In her six-part DVD series, *Essential Cuisine*, Chef Teton breaks down the raw food kitchen and turns out a plentiful selection of salads, vegetables with savory sauces, and delectable treats like banana ice cream.

Inspired by the aroma of autumn, her latest recipe is a deliciously rich dish full of spice and sweetness. It contains a perfect balance of protein, carbohydrates and excellent fats, making it a perfect addition to any Thanksgiving spread!

squash & vegetables

1-2 fall squash (delicata, acorn or butternut)
 1-2 yellow or zucchini squash
 1 bunch Swiss chard
 1-2 carrots
 4 tablespoons coconut oil
 ¼ cup water
 1 cup hazelnuts

Wash and halve your squash of choice. Remove seeds and place facedown in a shallow baking pan with water and coconut oil. Cover lightly with a piece of aluminum foil and bake at 350 degrees until tender, about thirty minutes, depending on the size of the squash. Uncover about ten minutes before the squash is done. You should be able to pierce it with a fork.

Wash the Swiss chard and remove the heavy part of the stems. Cut leaves into medium-sized pieces. Wash the carrots and squash and cut into bite-sized pieces. Steam the carrots for about five minutes, then add the squash and Swiss chard. Turn off the heat and let the vegetables sit while preparing the sauce.

roasting the hazelnuts

Cut or pound the hazelnuts into smaller pieces, then roast them in a hot, shallow pan. For great flavor and a little shine, place ½ teaspoon of coconut oil in the pan before roasting. Roast the nuts in between medium and high heat, stirring often. When they are golden-brown, remove from the pan and place on a plate to cool.

sensual savory sauce

¾ cup flax oil
 ¾ cup water
 ¼ cup Bragg Liquid Aminos
 ¼ cup brewer's yeast flakes
 1 teaspoon kelp powder
 1 teaspoon oregano
 1 teaspoon basil
 ¾ tsp granulated garlic (or one fresh garlic clove)
 1 tablespoon lemon juice
 1 tablespoon tamari
 1 package (8-10 oz.) firm tofu, rinsed well
 2-3 teaspoons chili powder and a pinch of cayenne (optional)

Blend all ingredients until smooth and creamy.

assembling the entrée

Place the squash face up on a plate and fill the inside with the steamed vegetables. Pour 1/3 cup of the sauce on top, then sprinkle with roasted hazelnuts. I recommend garnishing with cilantro, red onion and sweet peppers.

serves 4

chefteton.com



For details or exhibit info
 805-552-0025
 We have events throughout
 California & Hawaii

THE GREEN LIVING EXPO

A Better Life Through Better Living

Learn how to Save Money by Going Green!

- Green Living Area & Workshops
- Green Building & Remodeling
- Green Kid's Activity Area
- Natural & Organic Products
- Health, Beauty & Fitness Area

Ventura Fairgrounds - Seaside Park
 November 16 & 17, 2007
 10a to 5p Each Day

Sponsors Include



VENTURA COUNTY
STAR FOX
 SELF A to Z STORAGE
 SEASIDE PARK, CA

www.TheGreenLivingExpo.com

Over 100 Exhibits

Green Building Displays
 2 Daily Eco-Fashion Shows
 Organic Foods
 Hybrid Car Display
 Solar Energy Exhibits
 Eco-Seminars
 Live Music
 Green Design Ideas

Bring your old electronics
 FREE Recycle Bins At Event



Meet Evan Albright & Danii Ryan
 Hosts of The Green Living Minute on
 KHON2 and KUMU radio

