



# YELLOW SQUASH SOUP

## INGREDIENTS

- 2 pounds or 2 medium yellow squash, cubed
- 2 scallions or wild onions, sliced (including tips)
- 1 tablespoon honey
- 1 tablespoon sunflower seed oil or canola oil
- 1 quart water
- 1 tablespoon chopped fresh dillweed
- Garnish: shelled sunflower seeds or toasted squash seeds

## SUPPLIES

- Cutting board
- Knives
- Measuring cups and spoons
- Large pot
- Potato masher, blender, or immersion blender

## DIRECTIONS

1. Add squash, scallions, honey, oil, and water into a large pot
2. Cover and simmer for 30 minutes, or until the squash is tender
3. Cool slightly, mash into a smooth puree, and add the dill
4. Return to heat and simmer for another 5 minutes
5. Add more water to thin, if desired
6. Serve either hot or cold with garnishes

Recipe from Kavash, E. Barrie. *Native Harvests: American Indian Wild Foods and Recipes*. Mineola, New York: Dover Publications, Inc., 2005, Print.



# SQUASH APPLE SALAD

## INGREDIENTS

- 1 small acorn or delicata squash, seeded, peeled, and sliced into pieces 1-inch long and 1/4-inch thick
- 1 medium or 2 small apples, cored and cut into rounds
- 2 tablespoons sunflower oil or canola oil
- Salt to taste
- 1 tablespoon chopped sage leaves
- 6 to 8 cups mixed wild greens
- 1/4 cup maple dressing
- 1/4 cup dried cranberries
- 1/4 cup toasted, chopped walnuts

## SUPPLIES

- Cutting board
- Knives
- Measuring cups and spoons
- Cooking brush
- Skillet or griddle
- Mixing bowls

## DIRECTIONS

1. Brush squash and apple pieces with oil
2. Heat skillet or griddle over medium-high heat and pan-roast the squash until nicely toasted on both sides and tender, about 5 to 10 minutes per side
3. Remove squash and set aside
4. Toast the apple slices on each side until slightly browned, about 1 to 2 minutes per side
5. Remove apple slices and set aside
6. Toss the greens, sage, and cranberries with the dressing and arrange on a serving platter or individual serving plates
7. Arrange squash and apples over the greens and drizzle with dressing, as desired
8. Scatter walnuts over the salad

## DRESSING

- 1/4 cup maple vinegar or apple cider vinegar
- 1/3 cup sunflower oil or canola oil
- 2 tablespoons maple syrup or more to taste
- Generous pinch of powdered mustard or 1 teaspoon Dijon mustard
- Salt to taste

Add all ingredients into a small jar and shake vigorously. Season to taste with salt

Recipes from Sherman, Sean, and Dooley, Beth.  
*The Sioux Chef's Indigenous Kitchen*.  
Minneapolis, Minnesota: University of  
Minnesota Press, 2017, Print.