

Hello!

My name is Kate and I'll be your instructor the Fall Vegetarian Cooking class on Saturday as part of the NU Splash event. It's nice to meet you! I'm so excited to spend time cooking with you on Saturday. **Cooking is a huge passion of mine and I'm looking forward to sharing it.** My apologies if you've felt "in the dark" at all leading up to this; I wanted to wait until sign-ups were nearly done to send out more details to avoid any miscommunications. Thanks for your patience.

During our time together, we'll be making **stuffed acorn squash**. This is one of my favorite recipes, partly because it's a "pantry meal" – **a lot of the ingredients can be substituted, so you can make it with whatever is in the fridge, freezer, and pantry.** This is how I typically cook: I start with a base idea, and customize based on what I have available instead of following a recipe to the letter. Below I've provided a recommended materials list and the recipe ingredients; I've also included some options for substitutions below to minimize any new ingredients you may need. **And when I say "optional" I mean it!** *I don't want this event to feel like a big trip to the grocery store* – Saturday is about exploring the kitchen together and feeling more comfortable with cooking using what you may already have.

And if you want to participate on Saturday without cooking, that's fine too – you're welcome to join the conversation and follow along!

Please feel free to reach out with any questions you may have. I'm happy to talk through the ingredient list below or find resolutions to any dietary specifications / preferences.

Looking forward to Saturday!

Kate

Cooking Materials

Sheet pan (with or without a rim is fine)

Small bowl (this will be for mixing a few items; a cereal bowl will work fine)

Sauce pan / small pot (preferably with a lid)

Knife

Cutting board

Oven & stove

Ingredients

Ingredient	Amount	Notes / Substitutions
Acorn squash	1	Whole squash – it looks like this, and can be found at most grocery stores this time of year <i>If you cannot find a whole acorn squash, feel free to substitute butternut squash or use cubed squash; the flavor will be a little different, but should still work great and we can adapt! Send me a note if you have questions.</i>
Oil	1.5 tablespoons	I typically use olive oil, however any cooking oil works!
Maple syrup	1 tablespoon	Optional: If your fillings below are sweet / fruity, you may want to include this; if your fillings are savory (e.g. black beans, olives), feel free to omit Substitutions: honey, molasses, or sugar
Salt & pepper	To taste	Optional / to taste
Rice	1 cup	Optional: you don't need to include this in your filling if you don't want to – you can make your filling out of the toppings instead Substitutions: if you want to include this, you can use any grain
Spices & Toppings	Spices: up to you! Toppings: Aim for ~1 cup (2 cups if you leave out the rice)	This is where we start to make our own creations based on our tastes, ingredients, and creativity! Use whatever toppings and spices you'd like; some options include: <ul style="list-style-type: none">• Crushed up chips• Beans• Apples• Dried fruit• Nuts / seeds• Leafy greens / herbs• Veggies (e.g. onion, tomatoes, bell peppers, mushrooms, corn, olives)• Cheese• Garlic Canned / frozen items work great as we'll be cooking them before stuffing the squash.



If you're looking for more guidance, some possible combinations are listed below. Again, this is really a chance for you to use your creativity and find new ways to use what's in your kitchen.

Combination	Possible Toppings
Cozy Autumn	Cranberries Leafy greens Onions Nuts
Greek Inspired	Chickpeas or white beans Olives Leafy greens Onion Garlic Cheese
Very Veggie	Bell peppers Onions Mushrooms Leafy greens White beans
Southwest Style	Black beans Corn Bell peppers Tomatoes Cheese Chips
Create your own!	Whatever sounds delicious to YOU! I'm happy to provide input if you need help.