



## Greenmarket Recipe Series

**Natural  
Gourmet  
Institute**

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### **DELICATA SQUASH WITH CURRANTS & CRISPY SAGE LEAVES**

Recipe by Natural Gourmet Institute

YIELD: 6-8 SERVINGS

#### **Ingredients:**

- ½ cup extra virgin olive oil
- 3 cloves garlic\*, thinly sliced
- ¼ cup fresh sage\* leaves
- 2 pound delicata squash\* (about 2 medium squash), cut into ½"-thick quarter moons
- ¼ teaspoon sea salt
- 1 cup apple cider\*
- 3 tablespoons dried currants
- 2 tablespoons maple syrup

#### **Procedure:**

1. Combine olive oil, garlic, and sage in a small pot. Simmer over medium-low heat until garlic is lightly golden and sage is crisp, 8-10 minutes. Strain oil; reserve sage and discard garlic.
2. Add 2 tablespoons of the sage-garlic oil to a large skillet over medium heat. Add squash and salt, and sauté until golden, about 10 minutes.
3. Lower heat and add apple cider and currants. Cover and simmer until tender, about 15 minutes. Stir in maple syrup.
4. Garnish with sage leaves and serve.

***\*Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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