



IMMANUEL
DIAKONIE

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Heart-healthy eating with Marketa Schellenberg

SQUASH-POTATO SPREAD



• We wish you bon appetit! •

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SQUASH-POTATO SPREAD

(vegetarian, contains lactose and gluten)

For 16 – 20 servings of finger food

Ingredients

240 grams	potatoes	1 dash	pepper
120 grams	squash (red kuri or butternut)	1 cm 1 tbs	fresh ginger chopped parsley
100 grams	plain cream cheese	1	garlic clove
50 grams	extra-virgin olive oil	½ tsp	brown cane sugar
1 dash	rock salt with iodine	20 round mini-slices of pumpernickel	

To prepare

Boil unpeeled potatoes, peel and put through a potato ricer. Clean squash, remove seeds and dice finely. Heat olive oil in a pot, add squash and pour on a very small amount of water. Simmer until soft, then purée squash pulp in a blender and mix the mashed potatoes with the puréed squash. Season with salt, pepper, sugar and a little garlic.

Add cream cheese and work the mixture into a spreadable consistency. Top off with freshly grated ginger and chopped parsley. Apply the mixture to the mini pumpernickel slices using a piping bag and garnish as desired, f. ex. with thin radish slices, carrots of various colors, lettuce leaves or sprigs of herbs.

The health factor

Squash-potato spread is a splendid complement to liverwurst. The high vegetable concentration sets off overall fat content while increasing the dish's volume so that it satisfies a healthy appetite. The combination of potatoes, whole-grain bread and dairy products yields a broad range of proteins, and the fiber stimulates digestion.

The recipe serves 16 to 20 as finger food and is a brilliant asset to any party buffet. The spread can be varied with different vegetables according to personal taste. Try it with broccoli, carrots, bell peppers or zucchini and season it with rosemary, thyme or cardamom. This dish is vegetarian but contains lactose and pumpernickel gluten.