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## Recipes For Acorn Squash Are Avoidable With Basic Cooking Methods.

Acorn Squash are plentiful this time of year, but avoided by most shoppers because the large, heavy, ugly, tough orb is intimidating. Where would I begin to know how to cook that thing? people ask themselves. Even if they're brave enough to buy it, they now need to search for recipes for acorn squash. That takes time. That takes effort. It's not fun.

However, you can avoid searching for recipes for acorn squash if you employ a little basic cooking methods skill. You can write your own recipes! Acorn squash is a tough nut to crack, so some basic knife skills are in order to remove the waxy outer skin. With a serrated slicing knife, I first remove the top and bottom of the squash. Then, carving around the contour, I remove all the skin, revealing the bright yellow/orange color of the flesh. Cut it in half, remove the seeds, and cut into cubes for the beginning of our own recipe for acorn squash.

Roasting (or baking) is a basic cooking method that uses hot

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air to transfer heat to food. This is called a dry convective cooking process. The only problem with cooking with dry air is that it dries out the product your cooking. Moisture evaporates in a hot oven, giving you dry results.

We'll add moisture to our own recipe for acorn squash by creating a simple white sauce. Having combined butter and flour to create roux, I added milk and goat cheese to create a creamy, cheesy, bright white sauce. Once we coat our cubed acorn squash in the white sauce, it will help retain moisture through the long, dry cooking process.

Your recipe for acorn squash doesn't have to include a white sauce you've created. Condensed soups work very well in helping keep your foods from drying out in the oven. This is a quick and easy way to create a flavorful recipe for acorn squash without much cooking knowledge at all.

Chopped walnuts are a Fall flavor that would compliment this dish, so I've chosen to include them in my creation. Once spooned into a casserole dish and topped with bread crumbs or shredded cheese, we've created our own recipe for acorn squash an Acorn Squash Gratin.

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You can use this very same method to create any recipe you desire, using any products you desire. Don't avoid the fresh ingredients of Fall because you'd have to search for written instructions. Once you think about HOW you'll cook the item, you'll be creating your own recipes for acorn squash using these suggestions.

See the recipe for acorn squash video.

Author Box:

Chef Todd Mohr has freed thousands of people from the frustration of written recipes with his online cooking classes. The Chef's cooking DVD series Burn Your Recipes empowers people to cook with basic methods and the ingredients they desire.

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## Avoidable Food for the Diabetic

With diabetes, one's body is unable to regulate glucose to be converted into energy properly due to the lack of or inability to produce insulin. Because of this, diabetic people have specific diabetic food to consume in order to stay healthy. There is still a lot of food that diabetics can consume, just that there is some food they should avoid. Here are some of them.

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The number one rule for diabetics is to avoid sweet food. Food that is rich in sugar like candy, donuts, and chocolate can be detrimental to the health of a diabetic, as they are rich in glucose, in which diabetics cannot regulate well. Having too much glucose in the system would cause hyperglycemia, a nerve, blood vessel, and organ-damaging condition. High carbohydrate food is also high in fructose and glucose, so do avoid them as well.

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With diabetes, it is found that the condition lowers good

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cholesterol and raises bad cholesterol. Because of this, diabetic people are susceptible to cardiovascular diseases. Avoiding food that is rich in bad cholesterol like egg yolk, high-fat dairy products, poultry, and fried food helps reduce the chances of such diseases.

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Although fruits and vegetables may seem like the healthier choices of food, there are several fruits and vegetables that can be bad for diabetics. Fruits like mango and strawberries and vegetables rich in starch like potatoes, can raise blood sugar levels. You can substitute them with carrots, beans, or beet roots instead.

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Another avoidable thing to consume is alcohol. Especially when consumed on an empty stomach, one can get hypoglycemia, which is lower than normal levels of glucose, and can cause damage to the brain. A damaged liver due to excessive alcohol intake will also make a diabetic's body have difficulty controlling the glucose levels in their body.

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Fried food in general is unhealthy, because they tend to be fried with hydrogenated oil, which raises bad cholesterol. If a diabetic wishes to have some fried food occasionally, they should be cooked in healthier oil like canola or olive oil. Otherwise, they should go for other healthy cooking methods, such as steamed, baked, grilled, or boiled.

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All in all, diabetic food consists of food low in sugar, carbohydrates, and cholesterol. Eat right, and you will be able to enjoy a healthier life.

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Chris is the writer of this article , you can visit us for more information on Diabetic food . Visit for more details.

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