

Mini Kabocha Squash, Corno di Toro Peppers and Onions

Mini Kabocha squash is similar to buttercup squash on the outside. Kabocha squash has a firm flesh, dark yellow color, and a nutty, earthy flavor with a touch of sweetness. Although there are many ways to cook squash, I prefer to steam them whole. The recipe calls for peeling the squash but leaving the peel add a bright green color to the dish and another layer of texture. Serve with potatoes or whole rice for a veggie version. Also a fine complement for steak, fish, chicken or seafood.

— SIDE DISH —

— SERVINGS: 4-6 —

INGREDIENTS

2 mini Kabocha squash *

2 Corno di Toro peppers (one red and one yellow)

1 small red onion

2 scallions

2 tablespoons of chopped italian parsley

1 tablespoon of extra virgin olive oil

1/2 teaspoon salt

1/4 teaspoon freshly ground black

pepper

PREPARATION

* Kabocha Squash from Zuckerman's Farm. All other ingredients from the Farmers' Market, California Ave., Palo Alto.

- Preheat convection oven at 350 °F and bake the Kabocha for approximately 30 minutes. Insert a stainless pin to test firmness. Once the pin goes through the peel, there should be no resistance to the pin. **
- Cool the Kabocha until you can safely handle it.
- Peel the Kabocha and remove the seeds. (I use a pair of kitchen scissors to separate seeds from flesh.)
- Cut the Kabocha into bite sizes.
- Cut the peppers in half. Remove the stem and seeds and then the peppers into bite sizes.
- Finely dice onions and scallions. Keep them separate.
- Add the olive oil to a medium size pan over medium heat. Add the onions and cook until transparent for about 3-5 minutes, stirring occasionally.
- Add the peppers and cook for 5 more minutes, stirring occasionally.
- Add the Kabocha, parsley, scallions, salt and pepper to the pan, mixing all ingredients gently. Adjust the salt and pepper to taste and cook for 3 more minutes until heated through.

** The pins I use are sold for lacing the turkey. Otherwise use a sharp knife.

OPTIONAL

- Add other ingredients like nigella seeds and ground sumac.
- Sprinkle micro-greens on top.



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