



Twice-Roasted Squash with Parmesan Butter & Grains

Squash:

One 3-4 lb. kabocha, buttercup or red kuri squash

3 oz. Parmesan, grated + extra for serving

½ cup (1 stick) unsalted butter, room temperature

½ t. grated lemon zest

Salt & pepper

Dressing & Assembly:

3 T. lemon juice

3 T. unseasoned rice vinegar

3 T. olive oil

1 T. honey

2 scallions, thinly sliced

1 ½ cups cooked whole grains (barley, farro, etc.)

1/3 cup unsalted, roasted pumpkin seeds (pepitas)

3 T. golden raisins or Pomegranate seeds

Place oven rack in middle position, and pre-heat to 300. Line a sheet pan with foil. Prick squash all over with the point of a paring knife and place on foil-lined sheet pan. Roast until very tender, about 3 hours. (Knife should slide easily through the flesh.) Or, roast at 425 degrees for 1 hour. Tear or cut squash in half and let sit until cool enough to handle.

Remove seeds and scoop flesh into a medium bowl. Tear skin into 6 large pieces and set aside on same baking sheet. Add Parmesan, butter and lemon zest to bowl with flesh and mash to combine. Season with salt and pepper.

Move rack to upper third of oven and increase temperature to 450. Divide mashed squash mixture among reserved pieces of skin and roast until top is beginning to brown, 10-12 minutes.

For dressing / toppings: Whisk lemon juice, vinegar, oil and honey in large bowl. Add scallions, grains, pepitas and raising/pomegranate to dressing and toss to coat.

Arrange squash on a platter and spoon grain mixture and dressing over. Top with shaved Parmesan.

Makes 4-6 servings.

Recipe from Bon Appetit.

Buy local! Get produce for this recipe from small Solano County farms.

Visit <http://sustainablesolano.org/local-food/> for resources and information.