



SIMPLE, FRESH FARM BOX MEALS

OCT 17, 2022

Simple recipes so we can eat well & support local agriculture

Roasted Stuffed Butternut Squash

YOU'LL NEED

Veggies & Quinoa

- 2 cups cooked quinoa (cooked from ~3/4 cups raw - see instructions)
- 1 Tbsp avocado or coconut oil
- 3 cups loosely packed sliced shiitake mushrooms
- 2 Tbsp coconut aminos (or sub tamari, but start with a lesser amount as it's saltier)
- 2 cloves garlic, minced
- 2 cups loosely packed chopped kale
- 1/2 cup roughly chopped walnuts (or other nut or seed of choice) (optional)

Squash

- 1 large butternut squash, halved lengthwise, seeds removed
- 1 Tbsp avocado or melted coconut oil
- 2 Tbsp coconut sugar
- 1/4 tsp ground cinnamon (optional)
- 1 healthy pinch sea salt

For Serving

- 1 cup balsamic vinegar (reduced down on stovetop)
- Crispy Sautéed Shallot* (1 cup shallot or 2 medium shallots) (optional)

ALL YOU HAVE TO DO

1. Preheat oven to 400 degrees F (204 C) & set out a baking sheet with parchment paper or a silicon liner or grease a 9x13-inch (or similar size) baking dish.
2. In the meantime, if you haven't already done so, prepare quinoa by adding quinoa & water to medium saucepan & bringing to a boil over high heat. Once boiling, reduce heat to a low simmer, cover, & cook for 18-20 minutes, or until fluffy & the water is absorbed. Remove lid & let cool completely (uncovered) on the stovetop.
3. Halve the squash lengthwise (tip & stem) by inserting your knife point into the squash & rocking toward the base. Then remove your knife, flip the squash around 180 degrees & insert the point into the same spot, but rock it toward the stem, pressing down firmly but carefully to split the squash in half.
4. Scoop out seeds with a spoon or ice cream scoop. Then brush with oil (or water) & sprinkle with coconut sugar, cinnamon (optional), & salt. Place cut-side down on a lined baking sheet or baking pan.
5. Bake squash for 15 minutes, then flip the squash over to cut-side up. Bake for another 30-45 minutes (sometimes more depending on the size of your squash), or until a knife easily pierces the squash (especially in thicker parts). It's better for the squash to be on the more tender side than firm, in our experience.
6. In the meantime, prepare your balsamic reduction by adding balsamic vinegar to a small saucepan & bringing to a low boil over medium high heat. Once bubbling, reduce heat to a healthy simmer - about medium low heat - & cook for about 12-15 minutes. You'll know it's done when it's reduced in volume by about half, it appears syrupy, & it has visible bubbles on the top. Set aside to cool. It will thicken as it cools.
7. Once your quinoa is cooked & cooled, heat a large rimmed metal or cast iron skillet over medium heat. One hot, add oil or water & quinoa. Sauté for 5-8 minutes, stirring occasionally, until slightly crispy & browned. Season with half the coconut aminos for flavor. Then remove from skillet & set aside.
8. To the still hot skillet add the mushrooms & the other half of the coconut aminos. Sauté for 2-3 minutes, or until browned & reduced in size. Then add garlic & kale & walnuts (optional) & sauté for another 1-2 minutes or until kale is just wilted. Then add quinoa back to the pan & toss to coat (see photo). Set aside.
9. Once your squash is roasted, place cut-side up on the baking sheet or dish & fill to the brim with quinoa filling. Then place back in the oven to roast another 5 minutes.
10. To serve, arrange on a serving platter or individual plates. We loved garnishing ours with some crispy pan-fried shallot*, parsley, & a drizzle of balsamic reduction. However, this would also pair well with a simple salad dressing like a vinaigrette, tahini dressing, or even Vegan Gravy.

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