

ROASTED HARVEST SQUASH

YIELDS 4 - 5 PORTIONS



Harvest squash, whole - 2½ lb
Olive oil, pure - 2 tsp
Salt - ½ tsp
Black pepper - ½ tsp

Method

1. Preheat oven to 400°F.
2. Rub the squash with the olive oil, salt and pepper; place on a sheet pan
3. Carefully, with the tip of a pairing knife, poke a few holes into the side of the squash. This will allow steam to vent and keep the squash from busting while cooking
4. Roast the until the sides are no longer firm, and the flesh has softened beneath the skin, about 40 minutes
5. Carefully remove the squash; let it cool
6. Slice the squash into thick 1-1/2 inch horizontal slices. (Note: 4 slices are ideal)
7. Remove the seeds from the inside of each slice

After creating the squash slices:

1. Set your broiler on high
2. Simply brush the top of each slice with a little butter then liberally sprinkle with brown sugar.
3. Place the sugared squash back on the sheet pan; broil the sugar on top of the squash slices until caramelized, deeply browned.

From there you have a wonderful vessel to hold your favorite pasta, lentil, legume or mushroom dish.

Some guests like to eat around the skin, others may choose to eat it. Either way you can't lose as both are good, just one adds a bit more fiber. But it's still delicious either way!