



Asian Roasted Delicata Squash

Stuffed with Shiitake Mushrooms and Onions

2 delicata squash, halved, seeded
1-1/2 teaspoons white miso paste
1 teaspoon rice vinegar
1 Tablespoon and 1 teaspoon olive oil, divided

Filling:

6 ounces sliced onions
4 ounces shiitake mushrooms, sliced, remove stems
1 large garlic clove, minced
As desired salt and ground black pepper
1/4 teaspoon baking soda
1 teaspoon (each) hot sauce; sesame oil; rice vinegar
2 ounces baby spinach, sliced
2 radishes, grated
2 Tablespoons cilantro leaves or as desired
Serve with sliced avocado, sliced radishes, roasted veggie chips if desired

Preheat oven to 350 degrees F.

Roast Squash: Place squash cut side up into baking dish. In a small bowl, mix miso, rice vinegar, and 1 Tablespoon oil; brush the cut sides of squash. Bake in oven for 30 to 35 minutes or tests tender with a fork.

Prepare Mushroom Onion Filling: Meanwhile, place 1 teaspoon oil in 10-inch cast iron skillet to coat, sauté onions for 1 minute; add shiitake mushrooms and garlic; sprinkle with salt and ground black pepper; stir in baking soda. Cover; cook on medium heat until golden brown about 10 to 15 minutes; stir once. Add hot sauce, sesame oil, and rice vinegar; Remove from heat. Stir in spinach; toss until spinach wilts.

To Serve: Spoon into roasted squash cavities; dot with grated radishes; garnish with cilantro leaves. Serve warm. Add sliced avocado, sliced radishes, and roasted veggie chips if desired. Serves 4

About the Recipe: Delicata is an heirloom squash that has a pale-yellow peel with green strips. One of the best things about it is that you can eat the outer peel as well as the soft orange flesh inside, which is slightly sweet. We love to fill the roasted squash with Asian mushrooms and onions. Top with dots of grated radishes and a few cilantro leaves.