

Locally Grown Kabocha Squash

Now Available!

Fresh Kabocha Squash

Item #98878 | 32 lb

Available from Local Farms Now
Through Thanksgiving!

Kabochas can be cooked in any way suitable for acorn squash, such as baking or steaming. Before cooking, they must be halved and seeded.



Roasted Kabocha Squash, Pear Salad Over Greens

Ingredients

1 Kabocha Squash, peeled, sliced and roasted
1 Asian Pear, sliced
Mixed Greens or Chopped Kale

For Dressing:

½ cup Olive Oil
⅓ cup Balsamic Vinegar

¼ cup Honey

¼ tsp Salt

Pepper to Taste

4 oz Smoked Gouda or Cheddar Cheese, shaved

1 cup Toasted Walnuts or Hazelnuts, chopped

- Arrange salad on a platter, place warmed kabocha squash over salad, make dressing and drizzle on top with nuts.

Kabocha & Butternut Squash with Orzo

Ingredients

1 Butternut Squash, peeled and cubed
1 Kabocha Squash, peeled and cubed
1 Small Leek or Bunch of Scallions, cleaned and chopped
1 Garlic Clove

1 cup Orzo Pasta

Olive Oil

Butter

1-2 cups Chicken Broth

Parmesan Cheese (approx ½ cup)

- In a saucepan sauté leeks and squash with 2 tsp olive oil and 1 tsp butter. Lightly salt and pepper, then cover and simmer until soft (approx 20 minutes).
- Meanwhile, in a frying pan, place orzo with 1-2 tablespoons of olive oil and pasta. Add 1-2 cups of chicken broth slowly and keep stirring until orzo is soft. As soon as orzo is soft, combine squash with orzo and add parmesan cheese. Serve immediately.