



# Recipes

## Other Vegetables

### **Roasted Kabocha Squash**

*Prep Time: 5 minutes*

*Cooking Time: 60 minutes*

*Yield: 4-6 servings*

#### **Ingredients:**

1 whole kabocha

#### **Directions:**

1. Preheat oven to 450 degrees.
2. Scrub the squash. Cut in half and scoop out the seeds.
3. Place halves on a lightly oiled baking dish and cover, baking for 45 minutes.
4. Uncover and bake for 15 more minutes.

#### **Notes:**

- The skin of the squash is packed with great nourishment and can be eaten when baked. If you do not want the skin, peel the squash and cut into cubes.
- Sprinkle your favorite spice on the squash before baking such as cinnamon, thyme, rosemary, curry, cumin or sage.