Portion size: 2 Wedges

SUPERFOODS S

Oven Steamed Kabocha Squash

Kabocha squash with nori and sesame

Yield: 6

1 tsp	Olive Oil
2 lb	Kabocha Squash
1-1/2 tsp	Toasted Sesame Seeds
1/8 tsp	Kosher Salt
1/2 tsp	Ground Red Pepper
1/2 each	Dried Nori Seaweed Sheet

Rinse whole kabocha squash, cut in half, then scoop out and discard seeds. Cut into wedges. Place the squash wedges onto a roasting pan in a single layer and drizzle with olive oil. Cover tightly and roast in a 350F degree oven until tender, about 35 – 45 minutes.

Meanwhile, lightly toast the nori sheet on a grill or griddle; it only takes 5 seconds on each side. When cooled, crumble into a spice grinder and add toasted sesame seeds and salt. Process until fine. Mix in ground red peppers such as ancho or guajillo. Sprinkle about 1 teaspoon per serving of kabocha.

Chef's Note: Kabocha squash has a sweet flavor which contrasts nicely with a little heat and salt.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
69.1	1.5	14.2	1.6	0.3	0	71.8	4.4