

# Hawaiian Stuffed Delicata Squash

Delicata Squash are now appearing at the farmer's markets and grocery stores. Depending upon where you live they may be called "Peanut Squash," "Bohemian Squash" or "Sweet Potato Squash." They offer a light and sweet flesh that plays well with almost any flavor combination.

Hawaiian is the flavor theme today as you create little dugout canoes of squash filled with rice, pineapple, coconut and toasted pecans. This will be a delightful delicata delicacy!

Scrub squash well before cooking. You can eat the skin as well as the tender flesh.

**Preparation time: 50 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients so they are easy to add. When you're organized, cooking is a breeze. There are two different onion preps today. 1/2 C. chopped green onions in the Delicata Squash and 1/3 C. thin-sliced sweet onion in the Spinach/Cranberry Salad.

### Brown Rice

1-1/2 C. cooked brown rice  
(if you have leftovers)

- or -

1 C. uncooked brown rice  
2-1/4 C. water  
1/4 tsp. salt

### Spinach/Cranberry Salad

4 C. fresh spinach (washed, dried and  
chopped into bite-sized pieces)  
1/3 C. sweet onion (thin-sliced)  
3 T. dried cranberries

#### Dressing:

1/2 tsp. honey  
2 tsp. olive oil  
2 tsp. balsamic vinegar  
2 tsp. low-sodium vegetable broth

### Hawaiian Stuffed Delicata Squash

2 small or 1 large delicata squash  
(squash halved lengthwise)

1-1/2 C. cooked brown rice  
1/8 C. chopped pecans (toasted)  
1/4 C. shredded coconut (lightly toasted)  
1/2 C. green onions (chop green stem  
and bulb)  
2/3 C. celery (finely-chopped)  
1-1/4 C. canned or fresh pineapple (chopped,  
save juice)  
1 tsp. fresh mint (chopped)  
1 T. fresh basil (chopped)

1 tsp. low-sodium soy sauce  
1 T. rice wine vinegar  
1/4 C. low-sodium veggie broth

Preheat oven to  
375°

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

If needed, start by putting the rice on to cook. Bring rice, water and salt to a hard boil. Reduce heat to medium-low, cover and cook for 25 minutes.

### Hawaiian Stuffed Delicata Squash

A tip about preparing the squash: once you've split the squash lengthwise, drag a soup spoon through the center area containing the pulp and seeds while applying pressure. The pulp and seeds will lift right out.

1. Place squash, face-down, on an oiled cookie sheet and slide into a preheated oven for 20 minutes. Make filling while squash pre-cooks.
2. Toast coconut on a cookie sheet under a broiler until golden brown. Let cool.
3. Measure 1-1/2 C. cooked brown rice into a large bowl. Break toasted pecans into pieces and add to bowl with toasted coconut, green onions, celery, pineapple (with juice), mint and basil. Toss well.
4. Microwave this mixture 3 minutes.
5. Using a separate small bowl, mix low-sodium soy sauce, rice wine vinegar and broth together. Pour liquid over the rice/pineapple mixture. Toss again.
6. Spoon filling into precooked squash boats, heaping the filling into a mound in each boat.
7. Place filled squash boats on a cookie sheet, cover each squash boat with foil and return to the 375° oven for 15-20 minutes. Allow to cool for about 5 minutes before serving.

### Spinach/Cranberry Salad

1. Place the prepped spinach, sweet onion and dried cranberries in a large bowl. Toss well.
2. Using a separate bowl, combine honey, olive oil, balsamic vinegar and vegetable broth. Stir well and microwave 20 seconds. Stir again and set aside.
3. Toss salad with dressing just before placing on dinner plates.

### Plate the Meal

1. Place cooked boats of Hawaiian Stuffed Squash on individual dinner plates.
2. Lift dressed spinach from bowl and spoon around each boat of stuffed squash.
3. Remember, you can eat all of the squash, including the outer rind.

Yummy meal!

### What I've Learned from this Recipe

Delicata Squash, along with Butternut, Acorn, Turbin and Hubbard are classified among the winter squash varieties. These squash store best in a dark place that maintains a consistent 50° temperature. Storage area could be a cool and dark shelf in a cabinet, or in a drawer in the kitchen, the pantry or cellar. If stored correctly, they'll keep 2- 4 months.

Unlike other winter squash, the Delicata rind is thick enough to aid in storing, but thin enough to eat once the squash is cooked. Enjoy all varieties of squash during the winter months.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)