

GREEK INSPIRED STUFFED TETSUKABUTO SQUASH



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INGREDIENTS

- ◆ 2 tablespoons extra virgin olive oil (cooking + baking)
- ◆ 1 Tetsukabuto squash (sliced in half, de-seeded, and baked prior)
- ◆ 2 cups chickpeas (cooked)
- ◆ 1 English cucumber (cubed)
- ◆ 1 red bell pepper (cubed)
- ◆ 1/2 purple onion (diced into smaller pieces)
- ◆ 2 scallions (finely chopped)
- ◆ .5 cup vegan Greek dressing (In this recipe I used Mother Raw brand)
- ◆ 1 cup black heirloom rice (cooked) + 1 tablespoon of Tahini dressing (stirred well, drizzle topping)
- ◆ Season with Himalayan or kosher salt & pepper for taste!



METHOD

Tetsukabuto Squash:

First, wash and pat dry produce. Preheat the oven to 400°F. Use a large baking sheet lined with foil or an oven-safe dish.

Next, cut your squash carefully using a sharp knife. The best way I found to cut through the squash is by using the tip of the knife and piercing the squash all the way through, choose one direction to rock the knife back and forth and repeat in the other direction.

Once you get your squash halved, use a spoon and scoop out the seeds and save them, dehydrate and eat later. Make sure the inside is clear.

Next, brush the interior with oil and season lightly with salt and pepper. Set the cut side down on the baking sheet.

Bake for about 40 minutes till the squash's skin can be pierced with a knife.

Greek Inspired Salad:

Meanwhile, prepare Chickpeas, English Cucumber, Red Bell Pepper, Onion, and Scallions while mixing them in a medium bowl + Greek dressing. Set aside.

Now prepare your healthy heirloom rice for your side dish! After the squash is done baking, remove from the oven and let it cool enough to be able to handle it.

After the squash has cooled down enough to handle, move to the serving plate.

Pour evenly the Greek salad mixture and season with Himalayan or Kosher salt for taste!

Serve with a bed of rice + Tahini drizzle as dressing and enjoy!

Store leftovers in sealed container in the fridge for up to 7 days.