

Orange-Honey Scented Kabocha Squash with Toasted Pumpkin Seeds

1 Kabocha squash, cut in half, seeded, and sliced into 1-inch thick slices

2-3 teaspoons extra virgin olive oil for brushing squash

Glaze:

2 teaspoons extra virgin olive oil

1 shallot, diced

3 tablespoons honey

2 tablespoons water

2 teaspoons lime juice

1/4 teaspoon rice wine vinegar

2 tablespoons fresh orange juice 2 tablespoons bottled OJ

2 teaspoons orange zest

2 teaspoons fresh minced ginger

1/4 teaspoon cayenne pepper

salt, to taste

1/4 to 1/2 cup toasted, salted pumpkin seeds

Method: Preheat oven to 400 degrees F. Line a baking pan with foil. Brush the flesh of the squash with olive oil, and roast flesh side down for 30-35 minutes, or until tender. In a small skillet over medium heat, add 2 teaspoons olive oil. Add shallots and sauté until lightly golden, about 2 minutes. Remove from heat. In a small bowl, combine remaining ingredients EXCEPT pumpkin seeds. Whisk until smooth. Just before you're ready to serve the squash, add the sauce to the pan of sautéed shallots. Heat on medium until the sauce begins to bubble and becomes lightly syrupy, about 2 minutes. Remove from heat and drizzle over the cooked squash. Sprinkle with pumpkin seeds. Garnish with parsley.