

Carrboro
FARMERS' MARKET
locally grown  nationally known
YEAR ROUND *Celebrating 30 Seasons*

Roasted and Marinated Winter Squash ovetop Pac Choy and Rice . . . yum!!
Recipe Provided by: Market regulars, Tina and Dwayne Fico

Ingredients:

1 winter squash (can be a cheese, sunshine, acorn, butternut, etc.)
1 cup brown rice
1 bunch Pac Choy
½ onion
1 clove garlic
¼ cup Apple Cider vinegar
½ cup water

Marinade:

½ cup Olive oil
¼ cup Tamari
1 Tablespoon honey
1 Tablespoon Almond Butter or Peanut Butter (I use natural)
1 Tablespoon Apple Cider Vinegar
1 Tablespoon fresh grated ginger
Hotsauce to taste (I use Habenero)
Salt and Pepper to taste

Procedure: Preheat the oven to 350 degrees. Combine all the ingredients to make the marinade. It's best if it sits for at least an hour before using, but not necessary. The marinade makes a great dressing for salads or to drizzle ovetop your dish, so don't worry if there is extra. Cut the squash in half lengthwise and deseed. Place in bowl and rub the dressing on the inside of the squash. While it's baking, continue to marinate the squash every 10-15 minutes using a spoon to apply the sauce ovetop. Bake in the oven until the squash can be easily poked through with a fork, but is not overly mushy. While the squash is baking, make your brown rice and set aside. Bring out the Pac Choy and wash. I cook my pac choy down like collards, but there are many ways to cook them down. Cut the leafy greens into bite sized pieces and pour some olive oil into a pan (I typically use a cast iron). Saute the chopped onion and garlic and add the pac choy, apple cidar, water, salt and pepper. Cover and reduce the heat. They should have a collard look when finished. When the squash and collards are done, combine and serve. I typically fill a bowl with brown rice and top with the marinated squash and pac choy. At the end, I drizzle more of the marinade dressing on top. Serve and enjoy!

***Ingredients Available at Market*

