

Balsamic Roasted Kabocha Squash with Kale & Pan Roasted Millet

Prep Time: 15 minutes

Cook Time: 40 minutes

Total Time: 55 minutes

Servings: 4

Serving Size: ¼ of recipe

Ingredients:

1 small kabocha squash*
4 shallots, quartered**
3 tablespoons balsamic vinegar
3 tablespoons coconut oil, melted
1 teaspoon salt
2 cloves garlic, minced
2 bunches kale, chopped
¼ cup pumpkin seeds/pepitas
Water as needed

For the millet:

1 cup millet
1 cup water
1 cup vegetable stock
Pinch of salt
1 tablespoon extra virgin olive oil
½ teaspoon balsamic vinegar

Directions:

1. Preheat oven to 425 degrees.
2. Cut the squash in half, leaving skin on, then remove seeds and chop into bite size pieces.
3. Combine squash, shallots, vinegar, 2 tablespoons coconut oil and salt in a large bowl and mix well to combine.
4. Spread squash-shallot mixture onto a rimmed baking sheet and roast for 30 minutes or until soft.
5. While the squash cooks, get your millet started by rinsing and draining it, then place it into a medium sauce pot or small dutch oven over medium heat. Dry roast the millet this way for about 5 minutes or until it gives off a nutty aroma.
6. Add water, stock, and salt; cover and reduce heat to a simmer until all liquid is absorbed, about 20 minutes.
7. When squash & millet are 10 minutes from being done, heat remaining tablespoon coconut oil in dutch oven or large pot over medium-high heat. Add garlic and sauté for 2 minutes.
8. Add kale to dutch oven/large pot a little at a time, folding it in until it all fits inside and cook until tender – about 5-8 minutes. You may need to add water (1/4 cup at a time) to prevent the kale from burning. Stay attentive to it.
9. Remove squash and shallots from oven when done and then add them to the pot of kale and toss evenly. Remove pot from the heat.
10. Stir in remaining tablespoon oil and balsamic into millet and then spoon onto plates.
11. Top millet with kale-squash mixture and add 1 tablespoon pumpkin seeds per serving.

Tips and Tricks:

*Acorn squash is a great substitute if you cannot find kabocha.

**Can substitute 1 large or 2 small onions of choice, quartered and then the quartered pieces cut in half once more.

If you've never tried millet before, it is similar to quinoa in texture, but has a more nutty taste, especially when pan roasted as in this recipe. I think you will be pleasantly surprised, so just trust me and give it try! If your grocery store doesn't carry it, you can sub quinoa.

Nutritional Information Per Serving:

Calories: 312.6
Fat: 16.3 g
Cholesterol: 0.0 mg
Sodium: 705.9 mg
Total Carbohydrate: 38.8 g
Dietary Fiber: 7.6 g
Sugars: 6.8 g
Protein: 7.6 g