



Winter squash and kale are a perfect fall pairing, not only for their combination of seasonal flavors, but also for their vibrant colors. "Butternut squash is a great choice for this recipe, since it is relatively easy to cut with a knife and peel with a vegetable peeler," says Julie Diaz, chef/owner of One Fresh Meal. "However, if you are able to manage opening, peeling and cubing a Kabocha squash with a cleaver, you will be rewarded with a deliciously rich taste. While kale is my favorite green, chard, spinach or a mix of greens works equally well."

Recipe from:
Julie Diaz, chef/owner
One Fresh Meal
onefreshmeal.com

Squash and Kale Brown Rice Pilaf

Serves 4-6

2 T. olive oil

1 small onion, chopped

1 clove garlic, minced

2 c. winter squash, cubed

1 T. thinly sliced fresh sage

1/2 t. salt

1 c. Basmati brown rice

2 1/2 c. vegetable stock (more if needed while cooking rice)

2 c. kale, washed well, stems removed and leaves chopped

Heat oil in medium saucepan over medium heat. Add onion and garlic and sauté about 5 minutes.

Add squash and sauté another 3-5 minutes. Stir in sage, salt, and rice. Add stock and bring to a boil. Reduce heat, cover and simmer about 35 minutes.

Add kale and more stock if needed. Do not stir. Replace lid and cook another 5 minutes or until rice is tender and liquid has been absorbed.

Let sit for 5 minutes, then fluff rice and stir until kale is well mixed in with other ingredients.

Taste, adding more salt if necessary.

SAN DIEGO
HOME/GARDEN
LIFESTYLES

