

## Roasted Kabocha Squash

I love summer and hate that it's over. However, when it's autumn I love me some winter squash, especially kabocha! When cooked, this Japanese pumpkin has the taste and texture of roasted chestnuts. I normally keep the skin on when I roast them but if you have autoimmune issues, peel them.

Prep Time: 15 minutes  
Cook Time: 30-45 minutes  
Servings: 4  
Storage: 5 days  
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### Ingredients

- 1 medium kabocha squash
- 2 tablespoons coconut oil, melted
- Kosher salt
- Freshly ground black pepper

### Cinnamon Butter

- Softened Butter
- Cinnamon or CC Savory Pumpkin Spice
- Honey or Maple Syrup (optional)

### Instructions

Preheat oven to 400° F

Rinse and clean the squash under running water and dry well.

Like all winter squash, kabocha takes a sharp knife and a bit of brute force to cut up. I've found that the best way to attack it is to cut off the top and the bottom...because once the flesh is exposed, cutting it in half is a breeze.

Scoop out the seeds (saving for roasted seeds) and cut the squash into thin wedges.



Place squash in a bowl and toss with coconut oil and salt and pepper. Place squash in a single layer on a parchment lined baking pan (or foil-lined). Roast the squash for 30 minutes, flipping them over at the midpoint. The wedges are ready to eat when they're slightly crunchy on the outside and fluffy and soft on the inside.



Serve warm with Cinnamon Butter or peel off skin and toss in a salad

For Cinnamon Butter – mix all ingredients together.

CC's S.O.U.L. Food

Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

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