

Black Futsu Squash Recipes

Spiced and Roasted Black Futsu

Source: www.normansfarmmarket.com/spiced-roasted-black-futsu/

Ingredients

1 Black Futsu squash (seeds removed, cut into 1 in. wedges)
1 T olive oil
Sea salt & ground black pepper to taste
1/8 tsp cumin
½ tsp cayenne pepper
½ tsp paprika
1 tsp freshly chopped or dried rosemary

Instructions

Carefully cut squash in half. Scoop out the seeds and stringy bits and slice into 1 inch wedges. Keeping the skin on while cooking will help pieces retain their shape.

Preheat oven to 400 degrees. In a large mixing bowl, toss together the olive oil, spices and squash wedges until thoroughly coated.

Arrange wedges in a single layer on a baking sheet and cook for about 45 minutes, or until squash meat is tender enough to pierce easily with a fork.

We recommend eating the skin since it is thin and delicious. Otherwise, you can peel it off if desired.

Recipe serves 3-4 people and will keep in the fridge for up to two days.

Black Futsu & Broccoli with Creamy Garlic Dressing

Source: www.normansfarmmarket.com/black-futsu-broccoli-with-creamy-garlic-dressing/

Ingredients

½ of a small black futsu squash (seeds removed, halved, then cut into wedges)
1 large head of broccoli cut into small florets
Extra virgin olive oil
Salt & pepper, to taste
Crispy dried chickpeas

Dressing

4-5 cloves garlic, minced or crushed
6 oz. plain, unsweetened Greek yogurt
1 T white vinegar

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Juice of half a lemon (about 2 T)
1 T fresh parsley, chopped
1 T fresh mint, chopped
1 tsp granulated sugar
1 T water
Pinch of red pepper flakes, optional

Instructions

Preheat oven to 400 degrees. With a sharp knife, carefully slice squash in half. Remove stem, and scoop out seeds and stringy bits with a spoon.

Slice halves into wedges along the natural creases of the squash. Cut each wedge in half to get each piece to about 1.5 inches. Cut broccoli into small florets

In large bowl, add squash, drizzle with olive oil and season with salt and pepper. Line a baking sheet with foil and arrange squash in single layer. Place in oven.

While squash is baking, add broccoli to bowl and drizzle with olive oil, season with salt and pepper. Line a second baking sheet with foil and arrange broccoli in single layer. Bake in oven 25 minutes.

Make dressing by combining all dressing ingredients in small bowl. Taste and adjust to your liking, set aside

Once broccoli has started to crisp and turn golden brown, remove from oven and set aside. Raise oven temp to 450 and allow squash to bake another 10-15 min, or until easily pierced with a fork.

Remove from the oven and plate broccoli and squash together. Sprinkle crispy chickpeas on top and drizzle the garlic lemon herb dressing over everything.

