

Winter Squash with Kale and Pear

I enjoy the deep fall colors of the golden squash with dark green kale and the sweetness of the squash and pear balanced by the lovely bitterness of the kale.

As usual, other combinations occur to me: acorn squash, spinach, tempeh and apple or butternut squash, black lentils, chard, tomatoes or tomato sauce with mint and arugula...

Ingredients

- 3 Delicata winter squash
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 1 ½ **plus** 1 Tablespoons olive oil, divided
- 1 **large** , about 2 cups, leek
- 4 cups kale, coarsely chopped
- ½ vegetable bouillon cube
- 1 cup water
- ½ red bell pepper, cored, seeded, diced
- 4 garlic cloves, minced
- 1 pear, firm ripe, halved, cored and cut into 1/2 inch pieces
- 1 cup filberts aka hazelnuts, toasted and rough chopped

Method

1. Preheat oven to 375 degrees F.
2. Cut the squash in half and scoop out the seeds. Place squash halves, cut-side down, on a baking tray and bake until tender, 30-45 minutes. Turn the squash halves over and sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Bake for additional 5 minutes.
3. Heat oil in large skillet over medium heat. Add leeks and sauté until soft, about 5 minutes. Add kale, stock, bell pepper, garlic and remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Bring to a boil, cover and cook for 5 minutes. Remove the cover and increase heat to medium heat and cook, stirring frequently, until kale is tender and liquid evaporates, about 8-10 minutes. Transfer mixture to a bowl and set aside.
4. Melt 1 Tablespoon olive oil in a medium skillet over medium-high heat. Add pear and sauté until lightly browned and tender but not mushy, only 2-3 minutes. Add pear and filberts to kale

mixture and stir well. Spoon filling into squash halves. Bake for 10 minutes or more until fully hot throughout filling.

Source: Mary Scott, adapted from Farmer John's Cookbook by Farmer John Peterson and Angelic Organics (Yield: 6)
