

Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

Time required

Quick - 30 minutes or less

Moderate - 1 hour or less

Extra ingredients

Few - primarily MoGro Weekly Share items

Several - 3-5 additional items you might have on hand

Skill level: Easy

Time required: Moderate

Extra ingredients: Several



Roasted Delicata Squash with Cilantro, Jalapeño & Lime

Ingredients

2 delicata squash, ends trimmed, seeds removed, sliced into ½ inch thick pieces
3 tablespoons extra-virgin olive oil, plus more for greasing

Salt to taste
1 small-medium red onion peeled and thinly sliced
½ jalapeño, or more to taste, finely chopped
1 small bunch of cilantro, chopped

Directions

- 1) Preheat the oven to 425 F. Rub a small amount oil over a rimmed baking sheet. Throw the squash sliced onto the sheet pan, drizzle with olive oil, and season generously with salt.
- 2) Arrange sliced into a single layer. Place pan in oven on middle rack and cook for 20-25 minutes. Check after 15 minutes. If squash is browning too quickly, lower oven temp to 400 F.
- 3) Roast until the underside of the squash slices are evenly browned, then stick the pan under the broiler for 3 to 4 minutes or until the top is evenly golden. Remove pan from oven and set aside.
- 4) Meanwhile, place the sliced red onion and jalapeño in a small bowl. Juice half of the lime over top. Season with pinch of salt. Let it marinate while the squash roasts. Arrange the squash slices on a dish, scatter shallots and jalapeños over the top.

Skill level: Intermediate

Time required: Moderate

Extra ingredients: Several



Fried Rice with Bok Choy

Ingredients

1 cup brown or black rice, cooked and cooled
2 tablespoons sesame oil plus 1 teaspoon
½ large yellow onion, chopped
2 carrots, chopped
3 garlic cloves, minced

1 pound purple bok choy
Chili flakes
2 green onions, chopped
2 tablespoons soy sauce
4 eggs, beaten
½ cup peanuts, almonds, or cashews (optional)

Directions

- 1) Heat oil in a large skillet on medium heat. Add onion, carrot, and garlic. Saute for 5 minutes until translucent. Add bok choy and chili flakes, saute until stems are tender and leaves are wilted. Stir in cooked rice, let sit for a minute, to crisp, then toss. Repeat until rice is slightly crispy, about 10 minutes.
- 2) Add scallions and soy sauce and toss to combine. Transfer rice to a serving bowl.
- 3) Reduce heat to medium, add sesame oil to empty skillet. Pour in beaten egg. Scramble. Add cooked eggs to rice. Garnish with cilantro, and peanuts (or almonds or cashews).