

## Roasted Squash Salad

Adapted from The Green Door Restaurant Cookbook

Serves 8

1 medium sized squash (approx. 2 lb)  
½ tsp salt  
2 tbsp olive oil  
¼ cup hiziki or arame seaweed  
2 cups warm water  
½ cup green onion, thinly sliced including greens  
1 cup parsley, chopped

Dressing:

2 tsp ginger root, freshly grated  
2 tsp garlic, minced or grated  
¼ cup roasted sesame oil  
1/3 cup tamari  
1/3 cup lemon juice

*Most types of squash will work in this recipe, however, the smooth skin type are the easiest to peel. I've used uki kuri, hubbard, butternut, and pumpkin, all work nicely.*

Peel, seed and chop the squash into cubes approximately 1" square. In a large bowl toss the cubed squash with the salt and 2 tbsp of olive oil. Spread the squash onto a baking sheet and bake in 350 degree oven for 30 minutes or until soft. Allow to cool.

Soak the seaweed in the water until soft (1/2 to 1 hour). Drain and squeeze out excess moisture. Chop the green onion and parsley and mix with the cooled squash and seaweed.

Mix the dressing ingredients together and toss with salad just prior to serving. Note that depending on the size of squash used, the dressing amount may be more than what you'll need. Start by dressing the salad with approximately half the dressing, toss and taste, and add more dressing if needed.

Optional: Sliced blanched carrots or sliced blanched burdock root make a nice addition to this salad.



### Local Ingredients:

Garlic  
Green Onion  
Parsley  
Squash

