“The Local Buy” Recipe, Episode 611

Forest Garden Squash with Mushrooms and Greens

**Courtesy of Forested**

**Ingredients**
- About 3 pounds of cushaw winter squash (can substitute with butternut squash)
- ¼ cup Egyptian walking onions (can substitute with regular onions)
- 3 cups chopped shiitake mushrooms
- 8 chestnuts
- ½ cup roasted squash seeds
- Generous handful plantain leaves, chopped (can substitute with mixed greens)
- Handful passion fruit shoots, chopped (can substitute with mixed greens)
- 10 basil leaves, chopped
- Any high heat oil

**Directions**

**Squash and Greens**
Chop squash into ½-inch cubes. Fry on medium-high heat in 2-4 tablespoons of oil. Cook about 10 minutes then add the diced onion. Continue to cook until squash is tender, adding more oil if desired to help crisp it a little. Near the end, toss in all the greens and stir often for about 5 minutes until they are sufficiently wilted.

**Chestnuts**
While squash is cooking, score chestnuts and cook on high heat for about 8 minutes. When cool, peel and chop. Use them like this or toss the chopped pieces in oil and fry, stirring often. Salt to taste.

**Squash seeds**
Toss the squash seeds in a generous amount of oil, about 1 tablespoon, mix in salt, and roast them on a pan or tray, stirring often. Watch for them to get crispy, but don’t let them burn!

**Mushrooms**
Do not wash the mushrooms as this will cause them to be too moist. Fry on medium-high heat in about 2 tablespoons of oil. Season with salt towards the end of cooking.

Pile squash on plate and top with mushrooms, chestnuts, and squash seeds. Enjoy!