

BISON-STUFFED WINTER SQUASH WITH MOROCCAN SPICES



This is a hearty main dish that can be made in advance. It is stunning on a platter with Pepita Parsley Pesto (p. 54 in Heartful Kitchen) and can easily be made vegan by removing the bison! Serve with a salad or soup for a simple dinner on a cool evening.

Total Time: 1 hour 20 minutes

Yield: 8 pieces

INGREDIENTS

- 2 (2 pound) kabocha squashes, cut in half with seeds removed
- ½ teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ¾ teaspoon salt
- ½ pound ground bison
- 3 teaspoons ghee or extra-virgin coconut oil
- ¼ head cauliflower, chopped into ¼-inch pieces
- 2 cups chopped baby spinach
- ¼ cup sliced toasted almonds
- Tahini Sauce (p. 78 in Heartful Kitchen)) and/or Pepita Parsley Pesto (p. 54 in Heartful Kitchen)

DIRECTIONS

Roast the squash.

1. Preheat oven to 400°. Cut the squash in half lengthwise. Scrape out seeds and set aside. Line a baking sheet with parchment paper.
2. Rub the flesh of the squash with liquid cooking oil and season with salt.
3. Place squash on baking sheet flesh side down and bake 30 to 40 minutes, until a fork easily pierces through all parts of the squash. Remove from oven and let rest flesh-side up until cool enough to handle, about 10 to 15 minutes.

Prepare the stuffing.

1. Combine turmeric, cinnamon, ginger, and salt and toss this mixture with the ground bison, combining well with fingers.
2. Heat 2 teaspoons ghee or coconut oil on medium-high heat in a large skillet and brown the bison, about 5 minutes. It will cook more later. Remove bison to a bowl.
3. Add remaining teaspoon of ghee or coconut oil to the pan and cook the cauliflower until browned, about 10 minutes. Add a few tablespoons of water and cover to steam for the last few minutes of cooking.
4. Add the spinach to the cauliflower to wilt, and toss the vegetable mixture with the bison. Add the lemon juice and mix to combine.

Assemble and warm through:

1. Stuff each squash wedge with the meat and vegetable mixture and top with the nuts. Bake until warmed through, about 20 minutes.
2. Serve with tahini and/or pepita parsley pesto.

Note: If your squash is hard to cut through, pop the whole squash in a 350° oven for 20 minutes, remove, let cool for 5 to 10 minutes, and then cut through with ease.