



Washington Hospital
Healthcare System

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Tomato & Persimmon Orzo with Roasted Kabucha Squash

This fall-inspired recipe brings warmth to your plate by combining spices with seasonal persimmons & tomatoes. Kabucha squash when roasted becomes sweeter and adds a richness to the dish. Pepitas and cannellini beans provide a plant-based source of protein. If your family is used to animal protein, try using antibiotic-free chicken (see the additional recipe for pepitas-encrusted chicken below) or add some parmesan cheese on top.

Preparation time: 40 minutes // Serves 4

Ingredients:

2 cups tomato persimmon sauce, *see recipe below*
2 cups whole wheat orzo, cooked, *see recipe below*
2 cups Kabucha squash, medium dice, roasted, *see recipe below*
¼ cup toasted pepitas

Tomato Persimmon Sauce:

2 teaspoons avocado oil
½ onion, medium dice
1 teaspoon turmeric powder, divided
1 teaspoon dried basil, divided
½ teaspoon nutmeg, divided
1 persimmon, diced
1 large tomato, diced
¼ teaspoon black pepper
½ teaspoon salt
½ cup cannellini beans, cooked

Procedure:

Roasted Kabucha Squash:

1. Preheat oven to 375 degrees.
2. Wash, peel and clean the squash, cut into ¾ inch cubes, place in a small bowl and coat with oil, salt and pepper.
3. Place in oven for 25-30 minutes until cooked but not too soft, remove from oven and keep warm.

Cooked beans:

Soak beans overnight, place beans in a pot with 6 cups of water, add 2 bay leaves, soft boil until cooked – about 30-40 minutes, add salt to taste, keep warm.

Cooked orzo:

Place orzo in a pot with 8 cups of hot water with a little salt and oil, soft boil until cooked about 8-10 minutes do not overcook, drain excess water and add a little oil to prevent from sticking and keep warm.

For the sauce:

1. In a medium size sauté pan, heat oil. Add in onions, ½ teaspoon turmeric, ½ teaspoon basil, and ¼ teaspoon nutmeg. Cook onions on medium low. Allow onions to cook until they begin to caramelize. Stir occasionally to prevent them from sticking.
2. Once onions have caramelized, add in persimmons, tomatoes, remaining turmeric, basil, nutmeg, salt and pepper. Cook on medium heat for 10 minutes. Lastly, add in cannellini beans. Cook for 5 additional minutes. Remove sauce from heat, place sauce in blender and blend until smooth.

In a bowl, combine orzo, kabucha squash, and warm sauce. Divide evenly on 4 plates. Garnish with pepitas and chicken. For extra color, trying pairing with roasted purple cauliflower. Enjoy!

Pepitas Encrusted Chicken (*optional*):

6 ounces antibiotic-free chicken tenders
1 tablespoon avocado oil
½ teaspoon chili powder, divided
¼ teaspoon sea salt
¼ teaspoon pepper
¾ cup pepitas

If preparing chicken:

- 1 Preheat oven to 375 degrees.
- 2 Dice chicken into small medallions. Place chicken in a bowl, and add in oil and ¼ teaspoon chili powder. Toss chicken in oil coat well.
- 3 In a food processor, combine pepitas, ¼ teaspoon chili powder, salt, and pepper. Pulse pepitas until they are roughly chopped. Pour pepitas into a medium size bowl.
- 4 Place chicken in pepitas and coat, then place on a baking sheet.

Bake for 12 – 15 minutes until internal temperature of chicken reaches 165 degrees.

Enjoy!