

# Roasted Carnival Squash with Herb Pesto & Brown Rice



**SPICE**  
— FIELD KITCHEN —

## ingredients

- 1 c brown rice
- 2 c water
- 1/2 t salt
- 1 bay leaf
- 1 T olive oil
- 1 carnival squash (may use acorn or other small squash)
- 1/2 t salt, or to taste
- 1/2 t pepper, or to taste
- Olive oil
  
- 2 T parmesan cheese
- 1/4 c parsley
- 4 sprigs fresh oregano
- 4 sprigs fresh thyme
- 1 sprig rosemary
- 2 T olive oil
- 3 cloves fresh garlic

## process

1. Preheat oven to 375 degrees. Place rice in a pot and rinse with cold water 2-3 times, until water runs off clear. Place rice and 2 c water in the pot with 1/2 tsp salt and bay leaf.
2. Bring to a boil, then reduce to a simmer, cover slightly with lid and cook approx. 30 minutes or as guided by instructions.
3. Cut carnival squash in half and remove the seeds. Set cut side down on cutting board and cut into thin 1/4 inch slices. Toss sliced squash in a bowl with salt and pepper and then drizzle in about 1 T olive oil, tossing again to coat.
4. Place squash on sheet pan and roast 12-15 minutes, until it begins to brown. Remove and set aside.

## process cont.

### **Prepare pesto:**

1. Chop parsley roughly and pull oregano and thyme leaves from stems.
2. Peel garlic and smash with salt using the side of a chef knife or mortar and pestle.
3. Incorporate the herbs and pulverize until mixture becomes bright green.
4. Add in oil as you are working it into a paste, set aside.

### **To serve:**

Remove rice from stove, fluff with fork and season to taste.

Plate rice and squash together, drizzle with fresh herb pesto and top with a sprinkle of parmesan cheese.

**Serving tip:** This dish goes well with a flavorful pot of beans or roast chicken!