

WINTER SQUASH

SQUASH BREAKFAST BURRITO

(adapted from Real Simple.com's Bacon-and-Egg butternut Squash)

INGREDIENTS

- 1 butternut squash (about 1 1/2 pounds), unpeeled and cut into quarters lengthwise
- 2 tablespoons olive oil
- Salt and pepper (optional)
- 4 slices bacon
- 4 large eggs
- 1 avocado, chopped
- Tortillas

METHOD

Preheat oven to 400 degrees F. While the oven heats, place the squash on a rimmed baking sheet and toss with oil. Salt and pepper to taste. Roast 35-45 minutes or until easily pierced with a fork, turning once.

Meanwhile, brown the bacon in a large skillet over medium heat, 6-8 minutes; crumble cooked bacon.

Drain the remaining bacon fat from the skillet. Add the eggs and cook covered 2-4 minutes for slightly runny yolks. Season with pepper if desired.

Remove squash peel and wrap all ingredients in a tortilla for a convenient breakfast burrito. Can easily be served without the tortilla for a plated breakfast dish. Enjoy!

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HEARTY AND SIMPLE

Because of its density, winter squash stores exceptionally well, but that same density requires longer cooking times. Be ready to give halved butternut or acorn squash 45 minutes to an hour in a 400° oven, and 3/4"-1" chopped squash at least half an hour. Consider using that

time to prepare other parts of your meal. To balance out the time commitment, keep the recipe simple with a few well-loved combinations. Coat squash with:

- Olive oil, salt and pepper
- Olive oil, salt and pepper, minced garlic, sage
- Olive oil, brown sugar, cinnamon
- Butter, maple syrup