

Simply Delicious Baked Kabocha Squash



1 Kabocha Squash, 5-6" diameter
2-3 Tbsp Virgin coconut oil or more as needed to coat the squash

I know this sounds ridiculously simple but it's really yummy and I've served it to over a hundred people and everyone loves it! This is the easiest recipe and you'll have time to prepare the rest of the meal while the squash is baking. Nutritious and Delicious!

Turn oven to 400 degrees

Cut squash into wedges with a long sturdy knife. The easiest way to start cutting the squash is to make a small cut into the squash with the knife and use a hammer to pound the knife to halve the squash. Please be careful and hold the squash steady, if need be, cut a small piece off the bottom of the squash so that you have a flat surface to work from. Once you have cut the squash in half, the squash is usually soft enough to cut with the knife alone. Remove the seeds with a spoon and discard. Make five or six wedges per half depending on size of the squash.

Place the coconut oil in a large baking dish, a large rectangular Pyrex dish, or a large rectangular roasting pan are good options. The squash will cook faster in the metal pan. Put the coconut oil in the oven to melt – about 5 minutes

Remove pan from the oven and place the squash wedges in the pan, turning them over so that both sides are coated with oil, add more oil if needed to coat. Put the pan back into the oven and cook for 45 minutes. Check doneness by piercing the squash with a knife, it is done when it gives easily and the bottom of the squash is brown, almost burnt. If you want more browning, turn the oven to broil for the last 5 minutes.

Remove and serve. That's it! Eat the entire squash; the skin is edible and tender and delicious.