



Sustainable Food Recipe Book

25 Recipes to Try

What is sustainable eating?

Sustainable eating is a type of conscious diet that focuses on healthy foods while making positive impacts on the food system economically, socially, and locally.

From the agricultural side, sustainable eating starts with food, plant, or animal production practices that ensures the protection of the environment.

From the consumer side, it's making diet choices that support local, sustainable agriculture. This can come in the form of plant-based diets, eating locally and in season, and avoiding unnecessary packaging.

In a era where we're globally connected, it's important to keep supporting our local communities. And sustainable eating is an easy, yet impactful personal action we all can take.

What Did We Look For?

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This book includes tried tested recipes, many of which come from our own personal lives.

One main criteria was to include as many local ingredients as possible. We hope this book not only ignites interest in home cooking, but also community investment; getting familiar with Washington state farmers.

In this book, we have gathered 25 different recipes for you to try. The recipes range from the most simple to complex, so even beginners can get started on a sustainable food diet.

We hope that this resource illustrates how easy and diverse a sustainable food palette can be and that you enjoy the recipes we've compiled.

Happy eating!

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2020 SYCAN Sustainable Foods Team

***Recipes are personal unless otherwise stated**

Seattle Local Ingredients List

BAILEY FARM

KALE
POTATOES
CARROTS
CUCUMBERS
LETTUCE
CORN

FIRST LIGHT FARM

TOMATO
GARLIC
ONIONS
PUMPKINS
BELL PEPPERS
CAULIFLOWER
SQUASH
CHILE PEPPERS

SOUND SUSTAINABLE FARM

ARUGULA

CARNATION FARM

PEACHES

CENTRAL BEAN HARICOT FARM

BLACK/RED BEANS, CHICKPEA, KIDNEY BEANS

MAGNOLIA GARDEN CENTER

LIMES, LEMONS

KRUEGER PEPPER GARDENS

BUTTERNUT SQUASH

FILAREE FARM

SWEET POTATOES

SOUND SUSTAINABLE FARM

SPINACH

NEIL'S BIGLEAF MAPLE SYRUP

MAPLE SYRUP

CITRUS MUFFINS

INGREDIENTS

2 cups flour
1/3 cup sugar
1.5 teaspoons baking powder
½ teaspoon baking soda
3 tablespoons
chia seeds (optional)
Zest of 1 lime
½ teaspoon salt
1 cup orange or pineapple juice
1/3 cup canola oil
1.5 teaspoons vanilla extract
Juice of 1 lime

DIRECTIONS

1. In a large bowl, combine flour, sugar, baking powder, baking soda, chia seeds, lime zest, and salt. Mix well.
2. Add orange/pineapple juice, oil, vanilla, and lime juice and mix until a dough forms.
3. Grease a cupcake tin.
4. Fill each cup about halfway until the dough runs out.
5. Bake at 400 for 17-19 minutes.



Farm Feature:
Magnolia Garden Center
Ingredients: Lemons, Limes

CHICKPEA SALAD SANDWICH

INGREDIENTS

7 oz (½ can) chickpeas
¼ red bell pepper, diced
1 tablespoon mayonnaise
½ teaspoon mustard
1 clove garlic, minced
Salt, pepper
Whole wheat bread
Kale, spinach, or other leafy green
Tomato, thinly sliced

Farm Feature:
Bailey Farm

Ingredients: Kale

DIRECTIONS

1. Mash the chickpeas until broken up and chunky. Do not make a paste.
2. Add the bell pepper, mayonnaise, mustard, garlic, salt, and pepper. Mix well.
3. Toast the pieces of bread until they are golden brown.
4. Spread the chickpea mixture over the bread.
5. Place the greens, tomato, and other piece of bread on top to form the sandwich.

**This recipe should make 2-3 lunches.*



ZAATAR COUSCOUS



INGREDIENTS

- 1 cup Middle Eastern couscous
- 1/3 cup lentils (any type)
- 2-3 tomatoes, diced
- 2-3 cloves garlic, minced
- 1 bell pepper, diced
- 2 tablespoons olive oil
- Juice of 1 lemon
- 1.5 tablespoons Zaatar seasoning
- Salt, pepper

DIRECTIONS

1. Boil 2 cups of water.
2. Add couscous and a pinch of salt.
3. Cook on low until water is absorbed.
4. Boil approx. 2 cups of water.
5. Add lentils and simmer on medium heat until cooked.
6. Strain the lentils. In a large bowl, add couscous, lentils, tomatoes, garlic, and bell pepper and mix well.
7. In a small bowl, mix the zaatar, salt, pepper, lemon juice, and olive oil. Add the dressing to the salad and mix well.

**This recipe should make several lunches.*

Farm Feature:

First Light Farms

Ingredients: Tomatoes,
Bell Peppers, Garlic

VEGETARIAN POUTINE

INGREDIENTS

French fries:

3 potatoes

Drizzle olive oil

½ teaspoon smoked paprika

¼ teaspoon Goya adobo seasoning

½ teaspoon poultry seasoning

Salt, pepper

Gravy:

6 tablespoons butter

¼ cup flour

1.5 cups vegetable broth

3-4 sundried tomatoes

½ teaspoon smoked paprika

1 teaspoon Worcestershire sauce

1 teaspoon thyme

1 teaspoon tarragon

1 teaspoon poultry seasoning

Salt, pepper

1 cup half and half

Cheese curds



Farm Feature:
Bailey Farm

Ingredients: Potatoes

DIRECTIONS

Make the fries:

1. Peel the potatoes and cut into long, thin strips.
2. In a large bowl, mix the potatoes well with oil, seasonings, and spices.
3. Spread the fries out on a baking sheet. Bake at 350 for 20-25 minutes.

Make the gravy:

1. Soak the sundried tomatoes in $\frac{1}{2}$ cup room temperature water for at least 30 min.
2. Remove the sundried tomatoes.
3. Melt the butter in a medium saucepan. Add the flour and stir until slightly brown.
4. Add the broth in increments while stirring constantly to prevent clumping.
5. Add sundried tomato liquid, Worcestershire sauce, herbs, spices, seasonings. Mix well.
6. Add half and half. Bring to a boil and simmer until thick while stirring constantly.

Assemble the poutine:

1. In a small bowl, mix the fries with the curds.
2. Drizzle with gravy.

**This is a great snack to make in large batches and store in the fridge.*

CITRUS AND MANGO SALAD

INGREDIENTS

- 1 cup quinoa
- 15 oz (1 can) black beans
- 1 red bell pepper, diced
- 2-3 ribs celery, chopped
- 2 mangoes, diced
- Juice and zest of 1 lime
- Juice and zest of ½ orange
- Juice and zest of 1 lemon
- ¼ cup olive oil
- 1 teaspoon adobo seasoning
- Salt, pepper



Farm Feature:

Central Haricot Farm

Ingredients: Black Beans

DIRECTIONS

1. Bring 2 cups of water to a boil.
2. Add the quinoa and a pinch of salt and cook on low until water is absorbed.
3. In a large bowl, add cooked quinoa, beans, mangoes, pepper, celery, and citrus zest. Mix well.
4. In a small bowl, mix olive oil, citrus juice, adobo, salt, and pepper to form a dressing.
5. Drizzle the dressing on quinoa.

TOFU SANDWICH

INGREDIENTS

1 block extra firm tofu
½ cup orange juice
3 tablespoons soy sauce
1 tablespoon sriracha
2 teaspoons sesame oil
3 cloves garlic, minced
1 baguette
Mayonnaise
Cornstarch slurry (1 tsp cornstarch + 1 tsp water)
1 cucumber, sliced thinly
Grated daikon radish
Sesame seeds (optional)

Farm Feature:
Bailey Farm
Ingredients: Cucumber

DIRECTIONS

Make the marinade:

1. Combine orange juice, soy sauce, sriracha, sesame oil, and garlic.
2. Mix well with a whisk. Add the tofu and marinate overnight.

Make the sandwich:

1. Press the tofu for 15-20 minutes, or microwave for 3 minutes, to release the water.
2. Slice across the width to form ¼ inch thick pieces.
3. Line the tofu on a baking sheet and bake at 425 for 15 minutes.
4. Allow the tofu to cool before handling.
5. Pour the remaining marinade into a small saucepan.
6. Simmer on medium heat for 5-10 minutes to reduce.



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7.Add cornstarch slurry.

8.Slice a 6-inch section from the baguette. Cut in half to open.
Toast until golden brown.

9.Spread the mayonnaise onto one piece of bread.

10.Line the tofu on top. Sprinkle with sesame seeds.

11.Spread the reduced marinade onto the other piece and then
place cucumber, and daikon on top.

12.Put the two sides together to form the sandwich.

**Makes 3-4 sandwiches.*

CHICKPEA TABBOULEH

INGREDIENTS

½ cup fresh parsley, chopped
15 oz (1 can) chickpeas
2-3 tomatoes, diced
1 cucumber, diced
1-2 cloves garlic, minced
1 tablespoon olive oil
Salt, pepper
Juice of 1 lemon

Farm Feature:
Sound Sustainable Farm
Ingredients: Tomatoes,
Cucumber

DIRECTIONS

1. In a large bowl, combine parsley, chickpeas, tomatoes, cucumber, and garlic. Mix well.
2. Drizzle olive oil and lemon juice over salad. Season with salt and pepper. Mix well.

**Makes about 3-4 lunches.*



PESTO PASTA

INGREDIENTS

3 cups arugula, packed
1 cup basil, packed
3-5 cloves garlic
Juice of 1 lemon
2 tablespoons water
1 teaspoon salt
1/3 cup olive oil
Cooked pasta

Farm Feature:
Sound Sustainable Farm
Ingredients: Arugula

DIRECTIONS

1. Combine arugula, basil, garlic, lemon juice, water, and salt in a food processor.
2. Gradually pour olive oil into mixture while pulsing.
3. Drizzle pesto over cooked pasta.



VEGGIES AND DUMPLINGS SOUP

INGREDIENTS

Soup:

- 2 tablespoons olive oil
- 1 onion, diced
- 3-4 carrots, diced
- 3-4 cloves garlic, minced
- Salt, pepper
- 4 tablespoons butter
- 6 tablespoons flour
- 6 cups veggie stock
- ½ cup half and half
- ½ teaspoon dried thyme
- 2 bay leaves
- 1 cup peas
- 16 oz white beans
- 2 tablespoons fresh parsley

Dumplings:

- 2 cups flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 1/3 cup half and half



Farm Feature: Bailey Farm

Ingredients: Carrots

DIRECTIONS

1. In a large Dutch oven, sauté onions and carrots for 3 minutes or until soft.
2. Add garlic and cook for another minute.
3. Lower the heat and add butter and flour to form a roux, stirring constantly to prevent clumping.
4. Add veggie broth in small increments while stirring constantly to prevent clumping.
5. Add cream, thyme, and bay leaves, beans, and peas. Simmer for 15 minutes.
6. In a large bowl, combine flour, baking powder, salt, pepper and cream.
7. Mix until mixture forms a dough.
8. Drop balls of dough about 2-3 inches in diameter into the soup.
9. Cook for 15 minutes or until the dumplings are fully cooked through.

CHICKPEA CURRY

INGREDIENTS

1 tablespoon canola oil
1 onion, diced
2 tablespoons ginger, minced
8-10 cloves garlic, minced
2 teaspoons cumin
2 teaspoons garam masala
2 teaspoons coriander
2 teaspoons turmeric
2 teaspoons paprika
2 teaspoons chili powder
Salt, pepper
16 oz (1 can) tomato sauce
15 oz (1 can) chickpeas
½ cup half and half OR coconut milk ½ cup milk OR
coconut milk

Farm Feature:
First Light Farms
Ingredients: Garlic, Onions

DIRECTIONS

1. Sauté onions in oil until translucent.
2. Add garlic and ginger and cook until fragrant.
3. Add spices.
4. Stir for about 30 seconds to allow the spices to release their aromas.
5. Season with salt and pepper.
6. Add tomato sauce and chickpeas and simmer for about 5 minutes.
7. Add the milk and cream. Serve over rice.



CASHEW TACOS

INGREDIENTS

- 1 cup raw unsalted cashews
- 2 teaspoons olive oil
- 1 onion, diced
- 2-3 cloves garlic, minced
- 1 tablespoon taco seasoning
- ½ teaspoon Goya adobo seasoning
- Salt, pepper
- Corn tortillas, to serve

Farm Feature: First Light Farms

Ingredients: Garlic, Onions

DIRECTIONS

1. Cover cashews in water and soak for 4 hours.
2. Drain the water from the cashews and transfer to a food processor.
3. Pulse until ground into chunky bits.
4. Sauté onions in oil until translucent.
5. Add garlic and cook until fragrant.
6. Add cashews into the onion mixture and cook until heated.
7. Add taco seasoning, adobo, salt and pepper.
8. Use as taco filling with corn tortillas. Serve with fresh tomatoes, scallions, cilantro, and avocados.



RICE AND BEANS

INGREDIENTS

Sofrito:

- 1 onion
- 2 bunches cilantro
- 1 Anaheim pepper
- ½ red bell pepper
- ½ green bell pepper
- 4-6 cloves garlic
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- Salt, pepper
- 2 tablespoons olive oil
- 1 cup tomato sauce
- ½ teaspoon Goya adobo seasoning
- 1 packet Goya sazón with coriander and annatto
- 16 oz (1 can) beans of choice (black, red, pinto, etc.)
- 1 cup rice



DIRECTIONS

1. To make sofrito, add onion, cilantro, peppers, and garlic to food processor.
2. Pulse until blended into a sauce. Add cumin, oregano, salt, and pepper. Pulse to incorporate.
3. Heat oil and add 1-2 tablespoons sofrito.
4. Sauté sofrito until water is cooked out, about 5 minutes.
5. Add tomato sauce, adobo, and sazón. Mix well.
6. Add beans and rice, along with 1.5 cups water.
7. Turn heat to low and cook the rice for about 20 minutes or until water is absorbed.
8. Serve with fresh tomatoes, avocados, and scallions.

Farm Feature: First Light Farms

Ingredients: Garlic, Onions,
Bell Peppers

CAJUN RICE AND BEANS

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, diced
- 3-4 cloves garlic, minced
- ½ cup tomato sauce
- ½ teaspoon Goya adobo seasoning
- 1 tablespoon Cajun seasoning
- 16 oz (1 can) beans of choice (black, red, pinto, etc.)
- 1 cup rice



DIRECTIONS

1. Heat oil and add onions.
2. Sauté until translucent, about 4 minutes.
3. Add garlic and cook until fragrant and slightly browned, about 2 minutes.
4. Add adobo and Cajun seasoning. Stir for about 30 seconds or until fragrant.
5. Add tomato sauce and stir to deglaze the bottom of the pan.
6. Add beans and rice, along with 1.5 cups water.
7. Turn heat to low and cook the rice for about 20 minutes or until water is absorbed.
8. Serve with fresh tomatoes, avocados, and scallions.

Farm Feature:
Central Haricot Farm
Ingredients: Beans

CAJUN ROASTED CAULIFLOWER

INGREDIENTS

1 head cauliflower
3-5 tablespoons olive oil
2-3 tablespoons Cajun seasoning
Salt and pepper, to taste

Farm Feature:
Sound Sustainable Farms
Ingredients: Cauliflower

DIRECTIONS

1. Wash cauliflower and trim off the leaves.
2. Slice the cauliflower into slices about ½ inch thick.
3. Dry each slice of cauliflower with a towel to remove excess water and moisture.
4. Place on a lined baking sheet.
5. Drizzle a generous amount of olive oil onto each cauliflower slice.
6. Flip each piece and repeat on the other side.
7. Sprinkle a small amount of Cajun seasoning onto each slice and rub it into the cauliflower.
8. Season with salt and pepper. Flip the cauliflower slices and repeat on the other side.
9. Roast the cauliflower at 425 F for 20 minutes.



MUSHROOM RISOTTO

INGREDIENTS

- 5 3/4 cup of low sodium vegetable broth
- 1/2 ounces of dried porcini mushrooms
- 1/4 cup of unsalted butter
- 2 cups onions, finely chopped
- 10 ounces white mushrooms, finely chopped
- 2 garlic cloves, minced
- 1 1/2 cups arborio rice
- 2/3 cup white wine
- 3/4 cup of frozen peas, thawed
- 2/3 cup freshly grated parmesan cheese salt & pepper to taste

Farm Feature:
Carnation Farm

Ingredients: Dairy Products

DIRECTIONS

1. In a medium sized saucepan, bring broth to a simmer.
2. Add in dried porcini mushrooms. Cover and cook mushrooms until they are tender, about 5-6 minutes.
3. Remove the mushrooms from the broth, and finely chop.
4. Cover the broth and keep warm on a the lowest heat setting.
5. In a large saucepan, over medium heat, add in unsalted butter, melt butter and add in finely chopped onions.
6. Saute onions under tender and translucent, about 8-10 minutes, stirring occasionally.
7. Add in white mushrooms, the porcini mushrooms, and garlic cloves.
8. Saute until the mushrooms are tender and the juices have evaporated, about 10-12 minutes, stirring occasionally.

9.Next, add in arborio rice, stir to incorporate with vegetables and immediately add in white wine.

10.Stir often until the liquid is absorbed, about 2 minutes.

11.Next add in 1 cup of the broth to the mushroom rice pot, simmer over medium low heat. Stirring often, until the liquid is absorbed, about 3-4 minutes.

12.Continue to cook until the rice is tender and creamy, adding broth in by cupfuls and stirring often. about 28-32 minutes. (add a cup of broth once the rice starts to lose the liquid)

13.Stir in peas and freshly grated parmesan cheese.

14.Add salt and pepper to taste.

Credit: Joyful Healthy Eats



TEMPEH "BACON" BITS



INGREDIENTS

- 1 (8-ounce) package organic tempeh
- 2 tablespoons low-sodium tamari (or soy sauce)
- 1 tablespoon pure maple syrup
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder

Farm Feature:
Neil's Bigleaf Maple Syrup
Ingredients: Maple Syrup

DIRECTIONS

1. Lightly grease a large skillet then warm over medium heat.
 2. Using your fingers, crumble the tempeh into the skillet and cook for about 7 minutes, until light golden brown, while stirring intermittently.
 3. In a medium-size bowl, whisk together the tamari, maple syrup, paprika and garlic powder.
 4. Add the cooked tempeh to the bowl and stir until evenly coated.
 5. The tempeh should absorb all of the liquid and seasoning.
 6. Transfer it back to the skillet and cook for about 7 more minutes, until edges are somewhat crispy.
 7. Serve immediately or allow to cool before transferring to a sealed container for storing.
- *Leftovers can be stored in the refrigerator for up to 5 days.*

Credit: Making Thyme for Health

RED LENTIL CURRY

INGREDIENTS

- 2 cups red lentils
- 1 large onion, diced
- 1 tablespoon vegetable oil
- 2 tablespoons curry paste
- 1 tablespoon curry powder
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 teaspoon white sugar
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- 1 (14.25 ounce) can tomato puree



Farm Feature:

First Light Farms

Ingredients: Garlic, Onion

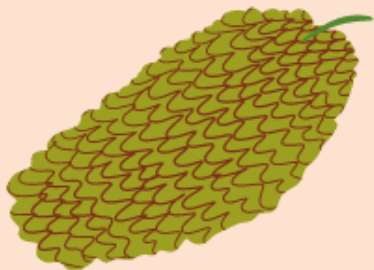
DIRECTIONS

1. Wash the lentils in cold water until the water runs clear.
2. Put lentils in a pot with enough water to cover; bring to a boil, place a cover on the pot, reduce heat to medium-low, and simmer, adding water during cooking as needed to keep covered, until tender, 15 to 20 minutes.
3. Drain.
4. Heat vegetable oil in a large skillet over medium heat; cook and stir onions in hot oil until caramelized, about 20 minutes.
5. Mix curry paste, curry powder, turmeric, cumin, chili powder, salt, sugar, garlic, and ginger together in a large bowl; stir into the onions. Increase heat to high and cook, stirring constantly, until fragrant, 1 to 2 minutes.
6. Stir in the tomato puree, remove from heat and stir into the lentils.

BBQ JACKFRUIT

INGREDIENTS

- 2 can jackfruit
- 1 tbs BBQ seasoning
- 1 tsp red pepper
- 1 cup veggie stock
- 1 1/2 cups BBQ sauce.



DIRECTIONS

1. Rinse two cans of jackfruit (already peeled) and heat them over medium-high with a little olive oil, BBQ seasoning, and red pepper.
2. After about two minutes, add in about 1 cup of veggie stock (or enough to mostly submerge the jackfruit) and simmer for 40 minutes.
3. Drain, add in 1 cup BBQ sauce, and cook on 400 for 20 minutes.
4. Take the dish out, tear the jackfruit with a fork (just like tearing pulled pork) and then bake for another 5-10 minutes.
5. Broil at the end to make it nice and crisp. Finish with the remaining BBQ sauce.
6. Add in a onion to mine once it starts to simmer.

Farm Feature:
Rainier Beach Urban Farm
& Wetlands

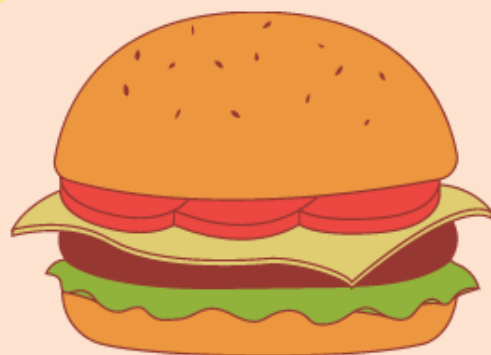
Ingredients: Fresh Vegetables

BLACK BEAN BURGER

INGREDIENTS

2 15oz. cans black beans
1/4 red onion
1 clove garlic
1/4 bunch fresh cilantro
1 Tbsp sriracha
1 Tbsp mayonnaise
1 tsp ground cumin
1.5 Tbsp soy sauce
1/4 tsp pepper
1 large egg
1 cup plain bread crumbs
2 Tbsp cooking oil

Farm Feature:
Bad Weather Farm
Ingredients: Eggs



DIRECTIONS

1. Rinse and drain the canned black beans.
2. Add the black beans to a food processor along with the red onion, garlic, cilantro, sriracha, mayonnaise, cumin, soy sauce, and pepper.
3. Pulse the ingredients until they are evenly mixed, but still slightly chunky.
4. Transfer the black bean mixture to a bowl and add one large egg and 1 cup breadcrumbs.
5. Stir the ingredients together until they're evenly combined. Let the mixture sit for about 5 minutes.
6. Divide the black bean mixture into six equal portions, then shape each portion into a patty, about 3.5 inches in diameter, ½-inch thick.
7. To cook the black bean burgers, heat 1Tbsp cooking oil in a skillet over medium heat. Once the oil is hot, add a few of the black bean burgers and cook for about 4-5 minutes on each side, or until they are well browned and heated through.

DEVEILED POTATOES

INGREDIENTS

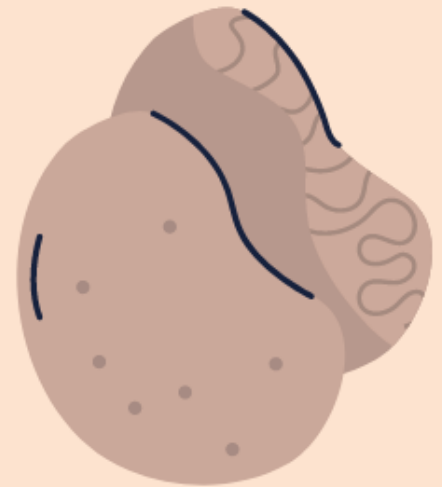
- 12 small yellow or white potatoes
- 6 tablespoons vegan mayonnaise
- 1 teaspoon dijon mustard
- 1/2 teaspoon apple cider vinegar
- 1/2 teaspoon black salt (also called kala namak)
- 1/4 teaspoon turmeric
- Paprika or smoked paprika, for garnish

Farm Feature:
Bailey Farm

Ingredients: Potatoes

DIRECTIONS

1. Add the potatoes to a pot of water and bring to a boil for 12 - 20 minutes until the potatoes are tender.
2. Drain the potatoes and rinse with cool water.
3. When the potatoes are cool enough to handle, cut each on in half lengthwise.
4. Then use the large scoop of a melon baller or small spoon to scoop out a little crater in each potato. Put the scooped out potato flesh in a medium bowl.
5. Now take the bowl of potato flesh and add the vegan mayonnaise, dijon mustard, apple cider vinegar, black salt, and turmeric. Mix together with a potato masher or fork until completely smooth and mixed well.
6. Squeeze a dollop into the crater of each potato half.
7. Garnish the filled potatoes with paprika as desired. Serve right away, or cover and store in the fridge until ready to serve.



Credit: [itdoesnttastelikechicken](#)

HASSELBACK BUTTERNUT SQUASH

INGREDIENTS

11 large butternut squash or 2–3 small honeynut squash

(about 3 pounds total)

1 tablespoon olive oilKosher salt

Freshly ground pepper

1 Fresno chile, thinly sliced

¼ cup pure maple syrup, preferably grade B

3 tablespoons unsalted butter

2 tablespoons apple cider vinegar

6–8 dried bay leaves

DIRECTIONS

1. Place a rack in upper third of oven; preheat to 425°.
2. Halve squash lengthwise and scoop out seeds with a large spoon. Using a peeler, remove skin and white flesh below (you should reach the deep orange flesh).
3. Rub all over with oil; season with salt and pepper.
4. Roast in a baking dish just large enough to hold halves side by side until beginning to soften (15–18 minutes.)
5. Meanwhile, bring chile, maple syrup, butter, and vinegar to a simmer in a small saucepan over medium-high, stirring occasionally and removing chile as soon as just thick enough to coat spoon, 6–8 minutes. Reduce heat to very low and keep glaze warm.
6. Transfer squash to a cutting board and let cool slightly. Using a sharp knife, score rounded sides of squash halves crosswise, going as deep as possible but without cutting all the way through.
7. Return squash to baking dish, scored sides up, and tuck bay leaves between a few of the slices; season with salt and pepper.

Farm Feature:
Songbird Haven Farm
Ingredients: Butternut Squash

8. Roast squash, basting with glaze every 10 minutes or so and using pastry brush to lift off any glaze in dish that is browning too much, until tender and glaze forms a rich brown coating, 45–60 minutes.

9. Serve topped with reserved chiles.

Credit: bonappetit

