

Roasted Squash, Black Beans and Rice with Corn Puree

Prep time:

10 minutes

Cooking time:

15 minutes

Yields:

4-6 servings

Ingredients:

- 1 cup black beans
- 2 tablespoon garlic, minced
- 1 cup of brown rice
- 1 large calabaza squash (you can substitute butternut or any winter squash)
- 4 T olive oil
- 1 1/2 cup fresh or frozen (thawed) organic corn
- juice from one lime
- 1 tablespoon cilantro
- water as needed
- 1 avocado
- salt and pepper to taste

Directions:

Soak beans overnight and rinse thoroughly. Cover with water, add salt, 1 tablespoon garlic and boil until tender. (30-45 minutes)

Cover rice with 2 1/2 cups water and a pinch of salt. Cover with aluminum foil and poke holes on top. Bake 350°F for 45 minutes

Peel and seed squash, dice into half-inch cubes and toss lightly in olive oil.

Place the squash on a cookie sheet and bake 350°F for 50 minutes.

In a blender combine corn, lime, cilantro and avocado. Add water as needed and blend until smooth.

Place rice, beans and squash on plates and drizzle with corn puree

Chef Mat Shalenko