

Pumpkin Seed Cilantro Pesto

Ingredients (yield: 6 cups)

2 cups parsley sprigs
2 cups cilantro leaves
8 garlic cloves
2 cups pumpkin seeds
3 tablespoons lime juice
1 ½ cups olive oil
Salt & pepper to taste

Method

1. Place all ingredients, except olive oil, in a food processor and process until smooth. While the machine is running, add olive oil slowly.
2. Adjust seasoning with salt & pepper.
3. Store in a covered container in the refrigerator for up to 1 week or divide in small batches & freeze.

Pumpkin Seed Cilantro Dressing

Ingredients

¼ cup pumpkin seed cilantro pesto
½ cup rice vinegar

Method

Mix pumpkin seed cilantro pesto and rice vinegar in a bowl until fully combined.

Chio's Kabocha Salad

Ingredients

- 1 kabocha squash (about 3 LB) halved, peeled, seeded and cut into ½ inch wedges
- 2 tablespoons grapeseed oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground fennel
- ½ teaspoon ground ginger
- Salt & pepper to taste
- ½ cup pumpkin seeds, toasted
- ½ cup pomegranate seeds
- ½ cup pumpkin seed cilantro dressing (see pumpkin seed cilantro pesto recipe)
- 12 ounces dandelion stemmed or other bitter greens like frisee
- 1 head of red oak leaf lettuce, chopped

Method

1. Preheat the oven to 400 degrees. Heat 2 large rimmed baking sheets in the oven for 10 minutes. In a large bowl, toss kabocha with grapeseed oil, cumin, coriander, fennel and ginger, season with salt & pepper. Spread the kabocha wedges on the hot baking sheets in one even layer. Roast until brown on the bottom (about 15 minutes). Let cool completely.
2. In a large bowl, toss the dandelion, red oak leaf and kabocha with pumpkin seed cilantro dressing. Sprinkle toasted pumpkin seeds and pomegranate seeds on top.