

Summer to Fall Shakshouka

Recipe by Audrey Sun, Public Health-Global Health: Nutritional Sciences Major, UW Farm Fall Nutrition Education intern.



Photo from [Fresh Off The Grid](#)

This week's featured ingredient is [Lower Salmon River Squash](#), a beautiful winter squash in the Cucurbitaceae plant family. I created the recipe below to incorporate many of the produce items in this week's CSA box and which are in season and available locally.

A twist on a traditional recipe, I blended winter squash with the tomatoes, creating a dish that represents our transition from warm summer days to cool fall weather. This week marks the last harvest of the farm's vine ripened field tomatoes. Together with peppers, scarlet kale, and our lower salmon river squash the recipe below is a tasty, hearty play on shakshouka.

[Shakshouka](#) is a Northwestern African dish of eggs poached in a tomato sauce with tomatoes, peppers, onion, and garlic. It first came about "in the mid-16th century after tomatoes were introduced to the region by Hernan Cortés as part of the Columbian exchange."

Hot tip: this recipe will require a bit of fine dicing but if you are a bit lazy like me and have access to a food processor you can throw the fresh tomatoes (if you're using fresh) and peppers in and blend coarsely.

Ingredients:

- 1 cup Lower Salmon River Squash, mashed (acorn, butternut, or any other winter squash can be substituted)
- 1 medium onion, diced into small pieces
- 2 medium bell peppers, seeded and diced
- 1 can chopped tomatoes (or about 2 cups chopped fresh tomatoes, if you are using cherry you can leave them whole)
- 2 cups chopped kale
- 3 cloves of garlic, minced
- 1 teaspoon smoked paprika
- 1/2 teaspoon cumin
- 2-4 large eggs
- Red pepper flakes (optional)
- Olive oil and salt as needed

Instructions:

1. Cut your squash in half and place on a baking sheet. Season lightly with salt and drizzle with olive oil. Bake in the oven at 400 degrees for about 40 minutes or until a fork sinks through it easily. Scoop out about a cup and mash it. The rest can be scooped out and saved for pies and soups or even frozen till you're ready to use.
2. Chop your onions, peppers, tomatoes, and kale

3. Heat about two tablespoons of olive oil in a tall walled pan (ideally you want something that you can serve on the tableside but you can also just use a pot) on high. Saute onions until slightly brown.
4. Add in red pepper flakes and garlic, saute till fragrant.
5. Add in bell peppers and tomatoes, seasoning with about a teaspoon of salt. Cook until the peppers are soft. Turn the heat to medium.
6. Mix in your squash mixture, thinning out with water as necessary so it maintains a stew-like consistency.
7. Season with smoked paprika and cumin.
8. Add in your chopped kale and cook just until wilted. Taste and adjust seasonings as needed.
9. Crack in your eggs and turn the heat to low. Cover and cook until the egg whites are set.
10. Sprinkle salt on the eggs and drizzle with olive oil before serving. This goes especially well with a crusty loaf to dip in the runny yolks but is delicious on its own too!

Nutrition Corner: Lower Salmon River Squash

According to our seed source, [Adaptive Seeds](#), "Lower Salmon River squash is on the short list of heritage Pacific Northwest winter squash varieties. Grown in the Lower Salmon River region of Idaho, possibly for generations, it is uniquely adapted to our bioregion" And during squash tasting events held by the [Culinary Breeding Network](#), Lower Salmon River was a big flavor winner.

Did you know! One cup of butternut squash provides 582 mg of potassium, more than one of the most iconic sources, banana. It's also a great source of fiber and can be beneficial for the gastrointestinal tract.

One cup (205 grams) of cooked butternut squash (very similar to other densely fleshed winter squash - , kuri, buttercup, etc.) provides:

Calories: 82

Carbs: 22 grams

Protein: 2 grams

Fiber: 7 grams

Vitamin A: 457% of the Reference Daily Intake (RDI)

Vitamin C: 52% of the RDI

Vitamin E: 13% of the RDI

Thiamine (B1): 10% of the RDI

Niacin (B3): 10% of the RDI

Pyridoxine (B6): 13% of the RDI

Folate (B9): 10% of the RDI

Magnesium: 15% of the RDI

Potassium: 17% of the RDI

Manganese: 18% of the RDI