WWWholehearted Yoga

Heaven on Toast

Ingredients:

1 2 1/2-3 lb butternut or kabocha squash.

Peeled, seeded and cut into ¼ inch pieces. (Or buy already prepped!)

34 cup olive oil

½ tsp dried chile flakes or more to taste

3 tsp kosher salt

1 yellow onion, thinly sliced

1/4 cup apple cider vinegar

¼ cup maple syrup

4 slices country bread, 1 inch thick. Any good bread will do.

½ cup ricotta, mascarpone or goat cheese

Coarse salt

4 TBSP chopped mint

Instructions

- 1. Preheat oven to 450 F.
- 2. Combine squash, ¼ cup olive oil, chile flakes and 2 tsp kosher salt in a bowl and toss well. Transfer to a parchment lined baking sheet and bake for about 15 minutes or until very tender, stirring once or twice during baking.
- 3. Meanwhile, heat another ¼ cup olive oil over medium high heat. Add onions and remaining tsp kosher salt and cook, stirring frequently, until the onions are well softened and darkening, at least 15 minutes. Add the vinegar and syrup, stir and reduce until syrupy and broken down, again at least 15 minutes or so. The mixture should be jammy.

- 4. Put squash in a bowl and smash with a fork until most lumps are gone. Add the onion mixture and continue to smash with a fork until combined. Taste for seasoning.
- 5. Add the remaining oil to a skillet over medium high heat. Working in batches, add bread and cook until just golden on both sides. Drain. Spread cheese on toast then top with the squash mixture. Sprinkle with coarse salt and mint.

The Story Behind the Recipe

The first time I was introduced to this recipe, my friend, Susie, brought it to a party. She brought crackers, goat cheese and a bowl of the squash mixture with the mint mixed in. Scrumptious! We made the recipe at home and served it on toast as indicated above. It was heavenly both times. The recipe is slightly adapted from Jean-Georges Vongerichten's Squash on Toast. Enjoy!