

KITAZAWA SEED CO.

R E C I P E S

Roasted Kabocha (Japanese Pumpkin)

This recipe is so simple and delicious you can hardly wait for next summer to grow more kabocha.

- 1/2 - 1 kabocha (depending on size of kobocho and servings needed)
- Olive Oil
- Salt

Heat oven to 475° F. Cut kabocha in half and remove stringy portion and seeds. Peel any skin defects. Slice into chunks approximately 1 inch x 1 inch. Place chunks of kabocha in a roasting pan. Drizzle with olive oil and salt to taste. Occasionally, toss kabocha to prevent burning. Roast for 15-20 minutes.