

# Roasted Sweet Dumpling Squash *with Millet & Caponata*

Caponata is a sweet and sour vegetable salad that usually contains eggplant and bell peppers. The term first appeared in the early 1700s in Sicily, where the dish may have been born on fishermen's boats. The acidity of the vinegar would help preserve the vegetables, allowing them to be stored on boats for longer periods of time.



## Ingredients

- 2 Sweet Dumpling Squash
- 3 Cloves of Garlic
- 1 Bunch Parsley
- 1 Red Bell Pepper
- 1 Small Eggplant
- 1 Small Zucchini
- ½ Cup Millet
- 2 Tablespoons Raw Sugar
- 2 Tablespoons Red Wine Vinegar
- ¼ Cup Crumbled Goat Cheese

Makes 2 Servings  
About 525 Calories Per Serving



# Instructions



## Roast the squash:

Preheat oven to 425°F. Heat a medium pot of salted water to boiling on high. Cut off the tops of the **dumpling squash**, then use a spoon to scoop out the seeds. Place the squash and their tops on a baking sheet, cut-side up. Drizzle the insides with a little olive oil and season them with salt and pepper. Turn the squash cut-side down and roast in the oven 30 to 35 minutes, or until browned on the outside.



## Prepare the ingredients:

While the squash roast, wash and dry the fresh produce. Peel and thinly slice the garlic. Roughly chop the parsley leaves. Small dice the red pepper, eggplant, and zucchini.



## Cook the millet:

Add the **millet** to the boiling water and cook 18 to 20 minutes, or until cooked through. Drain thoroughly and rinse with cold water. Transfer the drained millet back to the empty pot it cooked in.



## Make the caponata:

After the millet cooks for about 10 minutes, start the caponata. In a large pan, heat some olive oil on high until hot. Add the **eggplant**, **red pepper**, **zucchini**, and **garlic**. Season with salt and pepper and cook 3 to 4 minutes, or until softened. Add the **sugar**, **vinegar**, and **half the parsley**. (Reserve some for garnish.) Cook 1 to 2 minutes, or until the sugar is dissolved. Transfer the caponata to the pot with the **drained millet** and stir to combine. Season with salt and pepper to taste.



## Stuff the squash:

Carefully fill each squash with as much of the **caponata mixture** as possible. (Reserve any extra filling for serving.) Sprinkle a **little goat cheese** over the top of each. (Reserve some cheese for garnish.) Roast 7 to 9 minutes, or until the squash is completely tender when pierced with the tip of a knife.



## Plate your dish:

Divide any **remaining filling** between 2 plates. Place a stuffed squash on each plate. Garnish with **the remaining parsley and goat cheese**. Enjoy!