



**Makes 4 bowls**  
**Preparation Time: 35 minutes**  
**Cook Time: 10 minutes**

## INGREDIENTS:

### BOWLS

3½ cups low-sodium vegetable broth or water

2 cups dry toasted buckwheat groats (kasha, see tip in intro)

1 sprig fresh oregano

1 butternut squash, unpeeled (look for one with a long neck)

2 tablespoons balsamic vinegar

Freshly ground black pepper, to taste

3 cups chopped sweet potato

3 cups sliced fresh mushrooms

1 cup chopped onion

3 cloves garlic, minced

4 cups fresh arugula

½ cup thinly sliced or shredded radishes

### CHIMICHURRI SAUCE

½ cup lightly packed fresh parsley leaves

1 tablespoon lightly packed fresh oregano leaves

3 cloves garlic, chopped

1 tablespoon lemon juice

⅛ teaspoon crushed red pepper (optional)

Sea salt, to taste

# Butternut Squash Steak Supper

Grab your knife and fork to dig into these epic butternut squash steak bowls when your appetite comes a-calling. Oregano-infused buckwheat groats (also known as kasha) are mixed with a jumble of fresh veggies to create a hearty base for the planks of tender sweet potato. There are two different preparation methods you can choose from to **cook the steaks**: Grilling or roasting. Both are equally delicious, so it just depends on whether you're craving some smoky char marks to take things to the next level. A flavor-packed chimichurri sauce adds brightness to all the dense veggies and tastes incredible when mixed into the warm grains. Happy feasting!

**Tip:** If you can't find buckwheat groats that are already toasted, toast them in a dry skillet over medium 4 to 5 minutes or until lightly browned.

### **Roasting Instructions**

To roast your steaks instead of grill them, arrange seasoned squash on a baking sheet lined with parchment paper or a silicone baking mat. Roast at 400°F for 40 to 50 minutes or until tender and browned, turning steaks once and brushing with additional balsamic if needed.

By Ellen Boeke

- 1 In a large saucepan combine broth, groats, and oregano sprig. Bring to boiling; reduce heat. Cover and simmer 20 to 25 minutes or until groats are tender. Remove and discard oregano.
- 2 For Chimichurri Sauce, in a small food processor combine parsley, oregano leaves, and garlic. Cover and pulse until chopped. Add 3 tablespoons of water, the lemon juice, and crushed red pepper (if using). Pulse until smooth. Season to taste with sea salt. Place in an airtight container. Cover and refrigerate up to 3 days.
- 3 Meanwhile, slice neck off unpeeled butternut squash (reserve base for another use). Trim two sides of the neck flat. Cut lengthwise into four or five ¾- to 1-inch steaks (6 oz. per steak). Microwave the steaks for 2 minutes. Brush them with 2 tablespoons balsamic vinegar and season with sea salt and freshly ground black pepper. Grill, covered, over medium heat 8 to 10 minutes or until tender and browned, turning once.
- 4 In an extra-large skillet cook sweet potato in ½ cup water over medium 5 minutes. Add mushrooms and onion; cook 3 minutes or until tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add garlic; cook and stir 1 minute. In a large serving bowl combine sweet potato mixture, hot cooked kasha, the arugula, and radishes. Serve in bowls with butternut steaks. Drizzle with Chimichurri Sauce.