

GREEN TEA RICE WITH EDAMAME AND BUTTERNUT SQUASH

(from the Bewitching Kitchen)

for the rice:

1 cup Basmati rice, rinse and drained
1 tablespoon grapeseed oil
fresh ginger, minced (about 1 tsp, or to taste)
2 cups water
2 tsp green tea leaves (loose)
1/2 tsp salt
1/2 to 3/4 cup shelled edamame (frozen works great)

for the butternut squash:

1/2 butternut squash, cut in 1-inch pieces
olive oil to coat
salt, pepper and paprika to taste

Start by roasting the butternut squash. Heat the oven to 420F. Coat the pieces of squash with olive oil, season with salt, pepper and paprika. Place as a single layer on a baking dish lined with aluminum foil, sprinkle a bit of water (a tablespoon or so), and cover tightly with foil. Roast for 25 minutes, remove the cover and roast for 20 more minutes uncovered while you prepare the rice.

If using frozen edamame, remove it from the freezer and place on a baking dish to defrost while you make the rice. Heat the grapeseed oil in a saucepan, add the ginger, saute for a few seconds, and add the rice. Season with salt, and saute for a minute, until all grains are well coated with oil. Add the water, tea, and bring to a gently boil. Cover the pan and simmer for 20 minutes or until the water is absorbed. Place the edamame on top of the rice and cover the pan again. Leave for 10 minutes undisturbed, and when the butternut squash is ready, fluff the rice, mix the edamame with it, and serve with the squash around it.