



Honeyboat Delicata Squash with Bison and Almond Ricotta

INGREDIENTS

4 small delicata or honeyboat squash, sliced and deseeded
1 pound wild bison
1 bunch swiss chard, roughly chopped
1 small fennel, diced
1 sprig rosemary, diced
1 T fresh thyme
¼ cup avocado oil or coconut oil
1 ½ T sherry vinegar
Juice of 1 orange
1 t cumin
¾ t paprika
1½ teaspoon salt
¾ teaspoon black pepper
Almond ricotta or plant sour cream

For the delicata, cut off the ends of the squash. Slice in half. Scoop out the seeds. Sprinkle lightly with salt and pepper and bake at 350 for 20 minutes until tender.

For the bison, sautee the fennel in the oil for 5 minutes. Add the bison, salt, pepper, cumin, paprika and herbs and saute for 5 minutes. Add the swiss chard for about 2 minutes.

Stuff each squash with the bison mixture. Top with sour cream or ricotta. I use almond ricotta but you can use regular ricotta or sour cream! Garnish with more fresh thyme leaves, a pinch of salt and a drizzle of extra virgin olive oil.