



Delicata Squash & Poblano Breakfast

Laura Bennett, [The Vegucation Station](#)

This seasonal sauté is only possible right at the beginning of fall when we still have peppers hanging around from summer. The sweet creamy squash pairs perfectly with the warmth in the peppers, it is really such a treat! Plus the delicata cooks down surprisingly quickly much like a sweet potato in the frying pan. Watch the [PNWCSA Recipe Reel here!](#)

Yield: 2 servings

Ingredients:

- 1 delicata squash
- 3-4 poblano peppers
- ½ head garlic
- Oil (high heat ie. coconut, canola, sunflower, etc.)
- Salt & Pepper to taste
- 4 eggs (2 per person)
- Optional: grated cheese of choice



Directions:

1. Carefully chop the ends off your delicata, then stand it up on a cut end carefully work your knife down the squash to cut it in half lengthwise. Scoop out the seeds and then go ahead and carefully slice your half-moon shapes, no need to peel it. If you have a particularly large squash or just want it to cook faster, you can also cut your squash halves in half lengthwise again before slicing into quarter-moon shapes.
2. Heat up a pan on med-high, pour in some oil, and put your squash slices in. Cover to get pan contents up to temp.
3. Meanwhile, slice your poblanos in half and remove the seeds. Poblanos are not spicy themselves, but their seeds are, so take care to wash your hands. After you've removed the seeds, slice your peppers into pieces and set aside.
4. Remove the lid from your squash and stir around, you should see it starting to brown. Let it cook another 5 minutes or so and then add your peppers in. Stir to mix well and add more oil as needed to continue cooking your sauté on med-high heat. Stir regularly for even cooking.
5. Roughly mince your garlic and once your sauté is most of the way done add it into the pan for the last 3-5 minutes of cooking.
6. Salt and pepper your pan at this time. Waiting to salt until you're almost done is key to having nice crispy brown edges of your veggies.
7. Once your delicata can be smooshed through with a spoon and your peppers have lost their rigidity, your sauté is done! Top with grated cheese if you want and let melt while you fry your eggs up however you'd like. Plate and enjoy!

