

THE

CrossFit

KITCHEN



ACORN SQUASH MOLCAJETE

By Nick Massie

Overview

Nick Massie of [PaleoNick.com](http://paleonick.com) takes his inspiration for this dish from the molcajete, a lava-rock mortar and pestle common in Mexican cooking. He uses acorn-squash halves for his "mortars," filling them with juicy carne asada, shrimp and tomatillo salsa and baking them until bubbly.

ingredients

- 1 lb. wild shrimp, peeled and deveined
- 2 lb. carne asada, diced
- 8 c. tomatillos, peeled and quartered
- 4 c. onions, diced
- 5 acorn squashes, halved and seeded
- 4 tbsp. Cheechako Tako spice blend
- 10 cloves garlic, smashed and minced
- ½ bunch cilantro, chopped (as garnish)
- 1 avocado, diced (as garnish)
- ½ red onion, diced (as garnish)
- 1 tsp. olive oil, plus some for drizzling
- Water, as needed
- Kosher salt, to taste

directions for the molcajete

1. Place the squashes, flesh-side up, on a foil-lined sheet pan. Drizzle with olive oil, season with Cheechako Tako and roast at 375 F for 15-20 minutes or until about half-cooked.
2. In a large bowl, mix together the carne asada and 3 tbsp. Cheechako Tako. Add the shrimp, 2 c. of onions and the tomatillo salsa (see below). Mix well.
3. When the squashes are cooked halfway, remove from the oven and fill each "molcajete" with the meat mixture.
4. Return to the oven for an additional 25 minutes or until the filling is bubbling and the squashes are soft.
5. Remove from oven, plate and garnish with avocado, cilantro and red onion. Enjoy!

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directions for the tomatillo salsa

1. Add olive oil and garlic to a hot saucepan and stir until garlic is toasted.
2. Add the tomatillos and stir to coat with garlic and olive oil.
3. Cook for 3-5 minutes over high heat in an effort to caramelize the tomatillos as much as possible.
4. Add 2 c. diced onion and fold into the tomatillos.
5. Add 2 c. water, bring to a simmer and cook until tomatillos are soft.
6. Puree the mixture using a blender or immersion blender.
7. Season with kosher salt to your liking. Set aside.

These vegetable creations freeze and reheat very well. Allow them to cool, then wrap in plastic. Refrigerate for up to 5 days or freeze for up to 6 months.