

## Simmered Butternut Squash

This simple dish works equally well with butternut squash or Hokkaido pumpkin.

Place kombu in the bottom of a medium-sized saucepan, top with squash chunks, add water to almost cover, and bring to a simmer. Add salt and tamari, and simmer gently until chunks are tender. Remove squash from broth with slotted spoon and serve.

### **Preparation List:**

#### **Serves 4**

- 3-inch-piece kombu
- 1 small or ½ large butternut squash, seeded and cut into bite-sized chunks
- Water
- Pinch sea salt
- 1-2 teaspoons tamari