



SAVORY SQUASH BREAKFAST BOWL WITH CHORIZO AND EGGS RECIPE

Serves 4

Ingredients:

- 1 cup plain Greek yogurt
- 1/3 cup plus 3 tablespoons finely cut scallions and herbs such as parsley, mint, tarragon, and cilantro, divided
- 1 garlic clove, minced
- 1/2 teaspoon kosher salt
- 1 tablespoon lemon juice
- Zest of 1 lemon
- 3 tablespoons water
- 2 medium acorn or small red kuri squash
- 16 ounces chorizo, casing removed (you can also use a substitute like Soyrizo if you don't eat meat)
- 1/2 cup broth or water
- 4 eggs
- Salt and pepper

Instructions:

STEP 1: Before leaving home, make the yogurt sauce. Combine the yogurt, 1/3 cup herbs, garlic, 1/2 teaspoon salt, lemon juice, and lemon zest in an airtight container. Stir in the water, 1 tablespoon at a time, thinning to desired consistency. Can be made up to 2 days in advance. Refrigerate or stash in a cooler until ready to use.

STEP 2: Wrap the squash tightly in two layers of aluminum foil. Carefully place the squash directly on a bed of ashed-over coals, turning occasionally, until the squash is tender when gently squeezed with tongs, 45 minutes to 1 hour. Remove the squash from the coals, unwrap, and set aside until cool enough to handle. (Note: The squash may be stored in a cooler, rewrapped in foil, for up to three days. You can reheat it, still wrapped in foil, over a medium fire until it's warmed through.)

STEP 3: While the squash cools, make the filling. Place a 10-inch skillet over a medium flame. Add the chorizo to the skillet and cook, breaking up the sausage with a wooden spoon, until it is browned and slightly crispy. Add the 1/2 cup water or broth and bring to a simmer, stirring frequently until reduced slightly, 5 minutes.

STEP 4: Make 4 indentations in the chorizo, crack one egg into each well, and season with salt and pepper to taste. Cover with a lid and let cook for an additional 4 minutes, or until the egg whites are set. Uncover and remove from the heat.

STEP 5: To serve, cut the squash in half lengthwise, scrape out the seeds and strings, and discard. Fill each squash half with a quarter of the egg and chorizo mixture, top with the herbed yogurt, and garnish with the remaining chopped herbs.