



# *Crunchy* Squash and Pineapple Salad

BY CHEF ADRIANA URBINA

SERVES 4-6

INGREDIENTS → 1 Crunchy Squash and Pineapple Salad  
Seasoning Card:

- 1 tsp (2 pods) Ceylon Cinnamon
- 1 tsp (2 pods) Allspice Berries
- 1 tsp (2 pods) Allspice Powder
- 1 tsp (2 pods) Smoked Pimentón Paprika

## FRESH

- Half of a whole pineapple
- 2 lbs whole squash,  
either Delicata or Kabocha
- 5 garlic cloves, divided
- 8-9oz or 240g salad greens  
(watercress, arugula or mixed)

## PANTRY

- ¼ cup brown sugar
- 2 ½ tsp salt, divided
- 1 Tbsp olive oil, for the squash
- ½ cup extra virgin oil, for the vinaigrette,  
plus more for garnish
- ¼ cup cider vinegar
- ⅓ cup toasted green pumpkin seeds  
or sunflower seeds
- 1 Tbsp cacao nibs

SUBSTITUTIONS → **CACAO NIBS:** 70, 80 or 90%  
dark chocolate (cut thinly with  
a sharp knife)

**CIDER VINEGAR:** Apple cider  
vinegar or most other vinegars  
except white vinegar

SERVE WITH →

- Optional: Garnish with fresh  
cilantro, lemon zest
- Hispanic-Caribbean Sunday  
Skirt Steak

RECIPE SEASONING CARDS  
BY CHEF ADRIANA URBINA  
AVAILABLE AT [EATOCCO.COM](http://EATOCCO.COM)

## INSTRUCTIONS

**1. PREP:** Core and peel the pineapple and cut in half. For advice on how to select, core and peel a pineapple, check out [this video](#) ↗. Peel and seed the squash and cut in half. To make the brown sugar simple syrup, combine brown sugar with ¼ cup water in a small sauce pan and heat until boiling. Immediately remove from heat and cool. Divide into ¼ cup for the pineapple, and 2 Tbsp for the vinaigrette, then set aside. Mince 1 garlic clove and set aside. Mash 4 garlic cloves and set aside.

**2. COOK THE PINEAPPLE:** Heat the oven to broil on high. (Note: you can broil the pineapple and the squash at the same time if your oven is big enough.) Place the pineapple on a baking sheet. Take the ¼ cup of brown sugar simple syrup and brush about half of it onto one side of the pineapple. Broil the pineapple about 4 inches from the heat source for 8 minutes. Remove the pineapple from the oven, brush the other side with the remainder of the ¼ cup simple syrup, and return to broil for 8 more minutes. Remove the pineapple from the oven and cut into horizontal strips, cutting with the grain, and set aside.

**3. COOK THE SQUASH:** In a bowl, combine 2 Ceylon Cinnamon pods, 2 Allspice Berry pods, 2 teaspoons salt, and 1 minced garlic clove with 1 Tbsp olive oil. Place the squash in the bowl and coat all over with the mixture. Once coated, place the squash on a baking sheet and broil about 4 inches from the heat source for 8 minutes. Then remove and turn over the squash and return to broil for 8 more minutes. Remove the squash from the oven and cut into long strips and set aside.

**4. MAKE THE VINAIGRETTE:** Whisk together 4 mashed garlic cloves, 2 Ground Allspice pods, ½ tsp salt, 2 Tbsp of brown sugar simple syrup, ½ cup olive oil and cider vinegar.

**5. COMBINE AND PLATE:** In a large bowl, toss the pineapple and squash strips with the vinaigrette and toasted pumpkin seeds. Add a generous handful of salad greens to each plate and place a few strips each of the pineapple and squash on top. In a small bowl, mix together 2 Smoked Pimentón Paprika pods with cacao nibs. Sprinkle each salad with the mixture evenly and drizzle each salad with a restrained splash of olive oil. For an added kick, garnish with cilantro leaves and fresh lemon zest. Eat until *occo!*

**6. PRESERVE:** To enjoy this salad for multiple nights in a row, keep the pineapple and squash in a tightly sealed container and assemble with salad greens just before serving. The pineapple and squash will keep for up to 1½ weeks in the refrigerator.

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, "FOOD COMA." OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*