

## ROASTED SQUASH CURRY BOWL

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KITCHEN



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This dish is comfort in a bowl! It packs a terrific nutritious punch with its vegetables, protein, whole grains and mild, warming spices. And, it's quite versatile - choose butternut squash, pumpkin or other firm-fleshed squash, select a protein, and serve it over any leafy greens and whole grain. Frozen squash may be used in place of fresh and the roasting step can then be skipped. The flavor will be a bit less rich without the roasted squash.

**Tip:** Adding the spices to the onion mixture to cook in oil rather than liquid (as directed in the recipe) is called “blooming” the spices. This process provides the maximum amount of flavor extraction for the dish.

Serves 4 - 6

### INGREDIENTS:

3 cups (1 lb.) butternut squash or pumpkin, diced (about 1 ½ pounds before peeling and dicing)  
2 tablespoons avocado oil, divided 1 tablespoon + 1 tablespoon  
1 teaspoon Kosher salt, divided ½ teaspoon + ½ teaspoon  
2 ½ teaspoons sweet curry powder  
¾ teaspoon ground cumin  
¾ teaspoon turmeric  
¾ teaspoon ground cinnamon  
1 medium-sized sweet onion, thinly sliced  
1 small jalapeno pepper, minced  
2 cloves garlic, minced  
1 teaspoon minced ginger (fresh or from jar)  
2 - 13 ounce cans coconut milk  
¾ cup salted, roasted cashew nuts  
Protein choice (see below)  
1 cup fresh or frozen green peas  
¾ cup golden raisins  
1 tablespoon fresh lemon juice

### Protein Choices:

- 8 ounces extra firm tofu, diced
- 1 ½ cups cooked chickpeas
- 2 cups diced, cooked chicken

### For the Bowl:

- steamed brown rice or other desired grain
- fresh spinach or other leafy greens
- Kosher or Sea salt
- freshly chopped parsley or cilantro

### DIRECTIONS:

#### Roast the squash or pumpkin

1. Preheat oven to 400 degrees F. Line a 9” x 13” baking sheet with parchment paper and spray very lightly with cooking spray.

2. Place the squash or pumpkin pieces into a large mixing bowl. Drizzle with 1 tablespoon oil and sprinkle with ½ teaspoon salt. Toss to coat. Spread on to the lined baking sheet, distributing evenly in a single layer.
3. Roast in the oven for 15 - 20 minutes, until just starting to soften (centers still firm but not raw). Remove from oven and set aside.

Meanwhile, prepare the curry

4. In small bowl, combine the curry powder, cumin, turmeric, cinnamon, and remaining ½ teaspoon salt; set spice mixture aside.
5. In a large sauté pan with sides, heat remaining 1 tablespoon olive oil over medium heat. Add the onion slices, sauté stirring occasionally, until golden brown, about 5 - 8 minutes.
6. Add the jalapeno, garlic, ginger and spice mixture. Stir to blend, allowing the spices “bloom” and become fragrant, about 1 minute.
7. Add the roasted squash, coconut milk, protein source and peas. Stir gently to combine. Bring to low, gentle simmer (do not boil), then cover and reduce heat to low; simmer until squash is tender, yet holds shape, about 5 minutes.
8. Stir in the cashews, raisins and lemon juice. Simmer 2 minutes longer.

Assemble the bowl:

In entrée-sized bowls -

- place desired amount of cooked grains (approximately ½ cup)
- add ½ - 1 cup chopped fresh spinach or other leafy greens
- scoop 1 - 1 ½ cups squash curry on top
- garnish with a very light sprinkling of Kosher or Sea salt and freshly chopped parsley or cilantro.