

LOVE THY CARROT

real food made with love

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ROASTED SQUASH WITH A SPICY YOGOURT GREEN SAUCE

This recipe makes 4 servings.

INGREDIENTS

For the Squash

Winter squash, (about 2 lb) any variety, I used acorn, cut into slices or large chunks. Save the seeds inside and roast them when you are roasting the squash.

2 - 3 tbsp olive oil

Salt and pepper

3/4 cup of pomegranate seeds, (for garnish)

2 green onions, thinly sliced on the diagonal, (for garnish)

For the Yogourt Green Sauce

1 cup plain Greek yogurt

2 tsp [Secret Aardvark Serrabanero Green Hot Sauce](#), (or more to taste)

1/2 cup cilantro leaves

2 tablespoons mint leaves

2 tbsp olive oil

zest from 1 lime

1 tablespoon fresh lime juice (or more to taste)

1/4 tsp salt

DIRECTIONS

For the Squash

1. Preheat oven to 400 degrees.
2. Rinse the squash, then cut in half and scoop out the seeds, do not discard the seeds. Cut squash into wedges.
3. Toss the cut squash directly on a baking sheet lined with parchment paper with about 2 Tbs of olive oil and a generous seasoning of salt and pepper. You can also roast the seeds at the same time, just toss in a bit of oil and spread out on another baking sheet.
4. Roast until tender and nicely browned about 20 to 40 minutes, depending on the texture of the squash. Squash should be fork tender. The seeds will take about 15 minutes and brown quickly so keep an eye on them.
5. While the squash is roasting, make the green yogurt sauce.

For the Green Yogourt Sauce

1. In a the bowl of a food processor add the yogourt, hot sauce, cilantro, mint, oil, lime zest, lime juice and salt, process until smooth.
2. Taste the sauce and adjust seasoning.
3. Cover and refrigerate until ready to use.

T O A S S E M B L E

1. To serve, arrange the squash on a platter, spoon a ribbon of the yogurt green sauce on top the squash.
2. Garnish with the pomegranate seeds, green onions and the roasted pumpkin seeds.
3. Finish with salt and freshly ground black pepper.
4. Serve warm or at room temperature.

You can pass around extra hot sauce for your brave guests.

C O O K S N O T E S

Any leftover yogourt sauce can be store in the fridge for up to a week.
I used an acorn squash for this recipe, but it will work with any variety of winter squash.