



It's Squash Time



Vegetarian, Gluten-free
Serves 4-6

Even though I am not a fan of the shorter days, longer nights, and the approaching winter, one of the most breathtaking things for me during this season is to see, smell, feel and eat all the fall harvest.

Squash is so versatile, nutritious, and delicious.

I know I promised you easy breezy recipes, this one is indeed easy. I just cursed a little when I peeled all the squash. This will be the hardest part of this dish's journey, but it is totally worth it.

Lo and behold - my no-squash-ever man LOVED it. And your house will smell ohhhh so good.

The Squash dish:

- ♥ 1 Delicata squash (peeled, washed, and cubed)
- ♥ 1 Acorn squash (peeled, washed, and cubed)
- ♥ 1 Butternut squash (peeled, washed, and cubed)

- ♥ 1/3 cup liquid aminos or soy sauce
- ♥ 1/2 cup white wine
- ♥ 1 tbsp. honey
- ♥ 1 lemon - just the zest
- ♥ 1/2 lemon - just juice
- ♥ 4-5 crushed garlic cloves
- ♥ 1 tsp. fresh ginger (grated)
- ♥ 1 tsp. turmeric
- ♥ 1/4 tsp. paprika
- ♥ 2 tbsp. olive oil
- ♥ Salt
- ♥ Pepper

The Rice dish:

- ♥ 1 cup basmati rice (rinsed and drained)
- ♥ 1 medium onion (chopped finely)
- ♥ 3 carrots (peeled and grated)
- ♥ 2 tbsp. olive oil
- ♥ 1 tsp. salt
- ♥ 1/4 tsp. pepper
- ♥ 1 1/2 cup water
- ♥ Unsalted sliced almonds

1. Preheat oven to 420 degrees on roasting.
2. Place the cubed squash in a big enough baking dish (I like my Pyrex).
3. Mix all sauce ingredients, taste, and adjust to your liking. Do not add salt before tasting as the liquid aminos/soy will provide the majority of the saltiness.
4. Pour the sauce over all the squash.
5. Cover with foil and make a couple of holes.
6. Roast for 1.5 hours or until soft.
7. Remove foil and broil for a couple of minutes until golden on top. Watch carefully not to burn.
8. While squash is roasting, make the rice dish.
9. In a pot, preheat the olive oil.
10. Sauté the onions until cooked and turned clear.
11. Add the carrots and cook for 2 more minutes.
12. Add the rinsed and drained rice.
13. Mix well and cook for 1 minute.
14. Add salt, pepper, and water.
15. Bring to boil and cover.
16. Cook until all water is gone and the rice is ready. Keep covered for 5-10 minutes.
17. Open and fluff with a fork.
18. In a cast-iron pan, toast the sliced almonds until golden - put aside.
19. Once squash is soft and ready, place the rice in the bottom of a serving dish.
20. Top with the squash and almonds.

- This dish could be made with any of your preferred squash or potatoes.
- Goes well on its own with fresh sliced veggies on the side, or next to any fish, poultry, or meat dish.
- If you are a chicken lover and must have a protein, add chicken thighs or drumsticks on top of the squash and roast together.