

## CURRY KABOCHA SQUASH

### NUTRITION FACTS

Serving size: 8 oz squash, 4 oz rice, beans, dill; Amount per serving: Calories 346, Protein 9g, Carb. 54g, Fiber 5.5g, Fat 10g, Sodium 238mg

### INGREDIENTS

#### Kabocha

- 1 T massaman curry powder
- 2 cloves garlic, chopped
- 1 tsp fresh oregano, chopped
- 1 T fresh cilantro, chopped
- 3 T olive oil, separated
- 1.5 lbs kabocha squash, peeled and diced into ¾-inch pieces
- 8 pearl onions, peeled
- 2 Idaho potatoes, peeled and diced into ¾-inch pieces
- 1 c green peas

#### Sauce

- 1 T olive oil
- 1 stalk celery, diced into ¾-inch pieces
- 1 carrot, diced into ¾-inch pieces
- 1 medium Spanish onion, diced into ¾-inch pieces
- 2 cloves garlic, chopped
- 1 granny smith apple, diced into ¾-inch pieces
- 1 banana, diced
- 2 T massaman curry powder
- ½ c coconut cream
- 1 c unsweetened coconut milk
- ½ c low sodium vegetable broth
- ½ c water
- 2 T cornstarch

### DIRECTIONS

#### Kabocha

1. Pre-heat oven to 400 degrees.
2. Mix curry powder, garlic, oregano, cilantro and 1 T olive oil with kabocha, and place on a baking sheet.
3. Bake for 10 minutes or until squash is tender.
4. While kabocha is cooking, mix the onions and potatoes with 2 T of olive oil.
5. Place onions and potatoes on separate baking sheet.
6. Bake onions and potatoes for 10 minutes at 400 degrees.
7. Add green peas to onion/potato mix for the last 3 minutes of roasting.
8. Mix all together.

#### Sauce

1. In a pan, heat the oil on medium heat; add the onions, celery and carrots and sweat until they wilt.
2. Add the curry, apples and banana and sauté for 5 more minutes.
3. Add the vegetable broth and coconut milk, coconut cream; bring to a simmer.
4. Add 2 T cornstarch and ½ cup water and simmer approximately 5-7 minutes until the sauce coats the back of a spoon.
5. Purée sauce in a blender.
6. Serve over rice.

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