NYC HEALTH+ HOSPITALS

Winter Squash and Mushroom Curry

Makes 4 to 6 servings

This Indian-inspired curry brings out the sweetness of nutrient-packed winter squash. Your child can help by garnishing the dish with cilantro.

Ingredients

- 2 tablespoons olive or canola oil
- 1 small kabocha or butternut squash (about 1 pound),
- peeled, seeds removed, and cut into ½ inch pieces
- 2 medium shallots or 1 small onion, finely chopped
- ½ teaspoon mustard seeds (optional)
- ½ teaspoon cumin seeds
- 2 garlic cloves, finely chopped
- 1 green chile, left whole (optional)
- 1 teaspoon coriander powder
- ½ teaspoon turmeric powder
- 8 ounces cremini or shiitake mushrooms, sliced
- 14 or 15-ounce can light unsweetened coconut milk, shaken well
- 2 tablespoons lime juice
- Handful of cilantro leaves, finely chopped

Photo: NYT Cooking

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Directions

1. Heat 1 tablespoon of oil in a large skillet set over medium-high heat. Add the squash and ½ teaspoon of salt. Cook until the bottom of the squash pieces are lightly brown, about 2 minutes. Flip the squash pieces and cook for another 2 minutes. Transfer the squash to a large plate.
2. Heat the remaining 1 tablespoon of oil in the same pan. Add the shallot or onion and cook until fragrant, about 2 minutes.
3. Add the mustard and cumin seeds. Cover and cook until the mustard seeds start to pop, about 1 minute. Add the garlic, green chile, coriander, and turmeric, and cook for another minute.
4. Add the mushrooms and cook until they start to get soft, about 5 minutes. Add the squash, coconut milk, and ½ teaspoon salt and bring to a simmer. Turn the heat to medium and cook until the squash is tender, another 5-10 minutes.
5. Turn the heat off and add the lime juice. Sprinkle with cilantro and serve warm with brown rice or whole wheat flatbread.