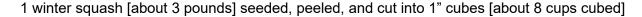
## Carrot and Winter Squash Mash with Fresh Pomegranate and Sweet and Spicy Pumpkin Seeds- Serves 6

This versatile mash works well with almost any similarly dense or rooty vegetable. It is fiber rich and loaded with immune supportive antioxidants like zinc and beta carotene, plus anti-inflammatory polyphenols from pomegranate, turmeric, cumin and cinnamon. A tasty and healthy side dish for the holiday table!



- 3/4 lb. carrots, cut into 1 inch pieces
- 3 tablespoons plain yogurt
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- 1/4 1/2 teaspoon ground cinnamon
- ½ teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 pinch red chili flakes
- ½ 1 teaspoon maple syrup
- 1/4 teaspoon lemon juice
- 3 Tablespoons pomegranate seeds, optional
- 3 Tablespoons sweet and spicy pumpkin seeds, optional

Cook carrots and squash in a large saucepan of boiling salted water over medium high heat until very tender, 20-30 minutes.

While vegetables are cooking stir the yogurt, cumin, turmeric, cinnamon, salt, pepper, red chili flakes, and maple syrup together in a small bowl. Set aside.

Drain the vegetables \*\* **see note below**\*\* and return them to the pan. Over low heat, mash the mixture with a potato masher. Stir in yogurt mixture and mix until well combined. Taste and see if you need to add a tiny drizzle of lemon juice, another pinch of salt, or a couple more drops of maple syrup for balance.

Serve topped with pomegranate and sweet and spicy pumpkin seeds.

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## **Chef C's Cooking Notes:**

• There are nutrients and flavor left behind in any cooking liquid. I like to put reserved liquid in a zip lock bag, lay it flat, freeze it, and use it later in a soup or for cooking grains.

