

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!

1 winter squash [about 3 pounds] seeded, peeled, and cut into 1" cubes [about 8 cups cubed]

$\frac{3}{4}$ lb. carrots, cut into 1 inch pieces

3 tablespoons plain yogurt

$\frac{1}{2}$ teaspoon ground cumin

$\frac{1}{2}$ teaspoon ground turmeric

$\frac{1}{4}$ - $\frac{1}{2}$ teaspoon ground cinnamon

$\frac{1}{2}$ teaspoon sea salt

$\frac{1}{4}$ teaspoon black pepper

1 pinch red chili flakes

$\frac{1}{2}$ - 1 teaspoon maple syrup

$\frac{1}{4}$ 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.