

Indian-Spiced Sautéed Delicata Squash w/ Apples

1 delicata squash
2 apples
½ tsp. garam masala
1 tbsp. sesame seeds
2 tbsp vegetable oil
1-2 tbsp. honey*

1 medium onion
¼ tsp. cumin
¼ cup raisins
1 tsp. salt
1 tbsp. water



Cut the delicata squash in half lengthwise, remove all the seeds then slice into thin “crescent moons.” Cut the top and bottom off of the onion, cut in half from top to bottom, remove the outer peel, and thinly slice. Cut the apple in half from top to bottom and cut out the core, then cut into thin slices.

In a small bowl, combine cumin, garam masala, sesame seeds and salt. Set aside.

Heat sauté pan over med-high heat. When hot, add oil and then squash, tossing briefly to coat. Cook for five minutes, then add onion and apple. Cook for five more minutes or until squash is browning and onions are translucent. Add raisins, spices and water, sauté briefly then remove from heat. Drizzle with honey, stir and serve!

*Honey can easily be substituted for maple syrup or brown sugar. If using brown sugar, increase water to 2 tbsp. Walnuts can also be added for additional fat. This dish makes a great side for any occasion and is delicious served hot or cold.

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