

Roasted Acorn Squash

with Moroccan-Spiced Bulgur, Date Molasses & Almonds

In this beautiful winter dish, you'll be adding a sweet touch to delicious, roasted acorn squash, using date molasses. This special ingredient is made from the sap of the date palm, which is then reduced down to a thick, tasty syrup. The molasses is as gorgeous in color as it is complex in flavor. Paired with hearty bulgur and earthy almonds, it brings balance, accenting the spiced, seasonal flavors of this North African-inspired meal.



Ingredients

- 1 Acorn Squash
- $\frac{3}{4}$ Cup Bulgur
- 1 Leek
- 1 Parsnip
- 1 Stalk Celery
- 1 Bunch Mint
- 1 Bunch Parsley

Knicks Knacks

- 3 Tablespoons Whole Almonds
- 2 Tablespoons Date Molasses
- 2 Teaspoons Ras El Hanout
- $\frac{1}{2}$ Cup Plain Greek Yogurt

Makes 2 Servings

About 600 Calories Per Serving

Cooking Time: 25 to 35 minutes



1

**Roast the squash:**

Preheat the oven to 450°F. Wash and dry the fresh produce. Halve the **acorn squash** lengthwise and scoop out the seeds. Trim the rounded sides of the squash halves so they sit flat on a sheet pan. Place on a sheet pan and sprinkle with **one-quarter of the ras el hanout**; drizzle with olive oil and season with salt and pepper. Roast 27 to 30 minutes, or until tender when pierced with a fork.

2

**Prepare the ingredients:**

Heat a medium pot of salted water to boiling on high. Trim off and discard the roots and upper, dark-green leaves of the leek; halve the leek lengthwise and rinse thoroughly, keeping the layers intact. Small dice the leek. Peel and small dice the parsnip. Small dice the celery. Roughly chop the almonds. Pick the mint and parsley leaves off the stems; discard the stems and roughly chop the leaves, keeping the herbs separate. In a small bowl, combine the **Greek yogurt** and **mint**; season with salt and pepper.

3

**Cook the bulgur:**

Add the **bulgur** to the pot of boiling water. Cook 13 to 15 minutes, or until tender. Drain thoroughly and transfer to a large bowl. Set aside in a warm place.

4

**Cook the vegetables:**

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **parsnip**, **celery** and **remaining ras el hanout**. Cook, stirring occasionally, 4 to 5 minutes, or until softened and slightly browned. Add the **leek**; cook, stirring occasionally, 1 to 2 minutes, or until softened. Add **¼ cup of water**; cook, stirring occasionally, 5 to 7 minutes, or until the vegetables are completely tender. Season with salt and pepper to taste. Transfer to the bowl of cooked bulgur.

5

**Finish the bulgur:**

To the bowl of **cooked bulgur and vegetables**, add the **date molasses**, **almonds** and **all but a pinch of the parsley**. Stir to thoroughly combine and season with salt and pepper to taste.

6

**Finish & plate your dish:**

To plate your dish, divide the **roasted acorn squash halves** between 2 plates. Stuff each with as much of the **finished bulgur** as you can. Divide any **remaining bulgur** between the plates. Garnish with the **remaining parsley** and serve with the **mint-Greek yogurt sauce** on the side. Enjoy!