

# Stuffed Delicata Squash With Lentils and Cashew Raita

Recipe from Hannah Kaminsky

Adapted by Tara Parker-Pope

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**Total Time** 5 hours 20 minutes

**Prep Time** 40 minutes

**Cook Time** 50 minutes

**Rating** ★ ★ ★ ★ ★ (393)



Andrew Scrivani for The New York Times

Delicata is a light yellow squash with green stripes and a creamy, rich texture. One of the best things about delicata is that it's much easier to clean, cut and cook than butternut or other winter squash varieties.

Hannah Kaminsky of Fairfield, Conn., creator of the My Sweet Vegan blog, was inspired by the tubelike shape of the delicata. “Each perfect yellow and green-striped edible tube becomes an ideal vessel for every sort of filling imaginable, no matter how you cut or cook it,” said Ms. Kaminsky. —**Tara Parker-Pope**

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## INGREDIENTS

**Yield:** 4 main-dish servings

### CASHEW RAITA

- 1 cup raw cashew pieces
- 2 tablespoons fresh mint leaves, roughly chopped
- 3 tablespoons lemon juice
- ¼ cup water
- ½ teaspoon salt
- 2 – 3 Persian cucumbers, finely diced

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## PREPARATION

### Step 1

Place the cashew pieces in a bowl and cover with cool water. Cover and place in the fridge to soak for four hours.

### Step 2

Thoroughly drain the soaked cashews and combine with the chopped mint, lemon juice, water and salt in a blender. Purée, pausing to scrape down the sides of the canister with a spatula as needed, until completely silky-smooth. This process may take longer if you use a lower-powered blender, but stick with it; that creamy texture is important. Stir in the cucumber pieces by hand. Store in an air-tight container and keep refrigerated prior to serving.

2 medium delicata squash (About 1 pound each)

#### **LENTIL STUFFING**

2 tablespoons olive oil

3 shallots, finely diced

1 Jalapeno, seeded and finely diced

1½ teaspoons whole cumin seeds

1½ teaspoons whole mustard seeds

1 cup dry beluga lentils

2 cups vegetable broth

⅔ cup full-fat coconut milk

1 tablespoon balsamic vinegar

¾ – 1 teaspoon salt

¼ teaspoon freshly ground black pepper

#### **Step 3**

For the filling, heat olive oil in a medium pot over medium heat before adding the shallots and jalapeno. Cook until translucent, then add the cumin and mustard seeds. Cook until the entire mixture is highly aromatic, about a minute. Add the lentils and broth and bring to a boil. Once boiling, reduce heat to a simmer and cover. Cook for about 30 minutes, until the liquid has absorbed and lentils are tender. Add the coconut milk and vinegar and season with salt and pepper. Keep the pot partially covered and simmer for an additional 5 to 10 minutes, until the liquid has been absorbed. Cover and keep warm.

#### **Step 4**

As the lentils cook, preheat oven to 375 degrees. Cut both squash in half lengthwise and scoop out (but reserve) seeds. Place each half with the cut sides down on a lightly greased baking sheet and bake for about 30 minutes, or until a fork easily pierces the flesh. Remove from oven and let cool for at least 5 minutes before handling.

#### **Step 5**

Reduce oven to 250 degrees and toss the reserved seeds with 1 tablespoon of olive oil and a pinch of salt and roast for 10 to 20 minutes, stirring frequently to prevent them from burning. Once golden and crisp, remove from oven and allow to cool.

#### **Step 6**

Flip the roasted delicata squashes up to turn them into boats and spoon the warm lentils inside. Serve the cashew raita alongside for guests to top their squashes as desired and finish with a sprinkle of roasted seeds.

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