

SQUASH & KALE MASH

INGREDIENTS

- 1 lb** Butternut squash
- Garlic salt
- Non-stick cooking spray

- 2 T** Extra virgin garlic olive oil
- 2** Onions (chopped)
- 8 C** Kale (with ribs & stems removed) (washed, cut into edible size pieces & patted dry)
- 1 C** Imagine low sodium vegetable broth

- 2 T** Extra virgin garlic olive oil
- 2 T** Brown Rice **OR** Quinoa Flour
- As needed** Unsweetened Mimic Crème (It's pareve but has nuts in it so don't serve to those with nut allergies)
- Salt & pepper to taste



COOKING INSTRUCTIONS

- 1** Peel squash, cut off both ends & then remove the seeds
- 2** Cut the squash into small squares, spray with non-stick cooking spray & sprinkle with garlic salt
- 3** Place the squash in a pyrex dish, cover it with foil & bake until tender
- 4** While squash is baking, spray a large saucepan with non-stick cooking spray & add 2 T olive oil
- 5** When squash is done, let it cool for 10 minutes & then mash it with a masher or process it
- 5** Saute onions until golden
- 6** Chop kale into small pieces & boil in vegetable broth until wilted & there is no more liquid
- 7** Add onions & kale to the mashed squash
- 8** Spray a 5 qt. pot with non-stick cooking spray
- 9** In a 5 qt. pot, make a small roux with the other 2 T of olive oil, flour & Mimic Crème as needed
- 9** Add onions, kale & squash mix into the roux & add salt & pepper to taste

OPTION

Another way to stiffen the mix, is to add 2 - 4 potatoes boiled & then mashed into the mix

SERVING NOTES

- 1** Depending on how stiff your roux is, you can pipe the squash mix as a tower on each plate
- 2** You can serve as a scoop on each plate