

# Roasted Acorn Squash w/ Cheesy Cashew-Dill Cream

11 ingredients · 1 hour · 4 servings



## Directions

1. Preheat the oven to 350 degrees Fahrenheit and line a baking sheet with parchment paper.
2. Wash and prepare the acorn squash: Slice each squash in half, then in half again. From there, placing the squash flat-side-down on the cutting board, slice into approx. 1/2", rainbow-shaped arches.
3. Transfer to a mixing bowl and lightly coat with the avocado oil and sprinklings of sea salt and pepper (as much seasoning as desired).
4. Transfer the squash to the parchment paper-lined baking sheet, arranging the arches in a single layer for even roasting. \*You may need 2 baking sheets, depending on the # of arches of squash. Roast for approx. 25 min, or until fork-tender. Monitor closely near the 20-min mark and beyond, as cook time will vary according to the oven.
5. While the squash is roasting, drain and rinse the soaking cashews. Add to your high-powered blender or food processor.
6. Add the remaining ingredients (water, lemon juice, dill, onion, garlic, nutritional yeast and sea salt) and blend until smooth.
7. Spoon the mixture into a serving bowl. Garnish it with a few sprigs of any remaining dill!
8. Once the squash is finished roasting, remove from the oven and transfer to a serving dish/plate. Serve with the Cheesy Cashew-Dill Cream. Enjoy!

## Notes

### Cheesy Cashew-Dill Cream

\*Please note that this Cheesy Cashew-Dill Cream yields approx. 2 cups. I always double the volume of a dip to have leftovers to use in other ways throughout the week. If you only want enough for this volume of squash, half the ingredient amounts instead.

### Garlic

If not wanting to use pre-minced/jarred garlic, mince two fresh cloves instead.

## Ingredients

- 2 Acorn Squash (washed and chopped - see instructions below)
- 2 tbsps Avocado Oil
- Sea Salt & Black Pepper (sprinkling, to lightly coat)
- 2 cups Cashews (raw, organic, soaked for min. 2 hours or overnight)
- 1 cup Water (filtered, at room temperature)
- 1/4 cup Lemon Juice (fresh)
- 1/2 cup Fresh Dill (de-stemmed, chopped)
- 1/2 Sweet Onion (minced, about 1/2 cup)
- 1 tsp Garlic (pre-minced/jarred)
- 1 tbsp Nutritional Yeast (contributes some saltiness)
- 2 tsps Sea Salt

**More Flavor**

Add your choice of spices to the acorn squash prior to roasting.

**Make It A Meal!**

Serve with an animal protein of your choice.

**Serving Size**

One serving equals a 1/2 acorn squash and approx. 1/4 cup cream.

**Leftovers**

Refrigerate in an airtight container (separately). Consume the squash within three days, and the cream within one week.

**Recipe Inspiration**

This recipe was inspired by and adapted from McKel Hill Kooienga, MS, RDN, LDN.

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