

Moroccan Butternut Squash with Caramelized Onions (Cassolita)

This recipe from Paula Wolfert's "The Food of Morocco" cookbook caught my eye. The combination of the ingredients are very flavorful. The sweet caramelized onions together with the nutty roasted butternut squash and the exotic Ceylon cinnamon make it really special. I've reworked the procedure to make it more in the "Fresh Food in a Flash" style, which will save you time. Serve it with Israeli couscous to make an amazing weeknight meal.

2 pounds	butternut squash	½ tsp	salt & pepper to taste
3 Tbs	olive oil	2 tsp	sugar
3	onions, halved and thinly sliced	1 ½ tsp	ground Ceylon cinnamon
½ cup	slivered almonds	½ cup	raisins
½ cup	finely chopped flat-leaf parsley		

- 1 Preheat the oven to 375°. Cut the butternut squash in half lengthwise and place on a baking sheet. Bake until the squash is extra soft, about 30 minutes or more. Remove from oven and set aside until cool enough to handle.
- 2 As soon as the squash is in the oven, start caramelizing the onions. Heat oil in a large skillet. Saute the onions over medium low heat until translucent. Add ½ tsp salt, 2 tsp of sugar, the cinnamon and raisins and turn heat to low and cover, stirring occasionally. Cook until onions are jammy and caramelized, and until the squash is cooked.
- 3 Once onions are underway, toast the almonds on a baking sheet in the oven for 5-10 minutes or until golden brown.
- 4 Scoop butternut squash out of the shell and add to the skillet with the onions. Add ½ of the parsley and stir gently. Season with salt and pepper. Spoon onto plates and garnish with the slivered almonds and remaining parsley. Spoon over Israeli couscous if desired.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Total Time: 40 minutes

Oven Temperature: 375°F

Nutrition Facts

Nutrition (per serving): 406 calories, 170 calories from fat, 19.7g total fat, 0mg cholesterol, 56mg sodium, 1261.3mg potassium, 58.1g carbohydrates, 9.7g fiber, 24.1g sugar, 8g protein.

Source

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Source: Inspired by The Food of Morocco by Paula Wolfert

