

Mac and Cheese-Style Squash with Curried Okra

Ingredients

- 1 acorn squash (1-1.5 lbs)
- 1 cup raw, unsalted cashews
- 2 cloves garlic
- ¼ cup nutritional yeast
- 1 tsp. white miso paste
- Salt to taste
- Ground black pepper, to taste
- ½ lb. of okra, cut down the length into ¼- ½ inch stars
- 2-3 TBSP olive oil
- 2 small cloves of garlic, minced
- ½ tsp curry powder
- ½ tsp cumin powder
- 1 lb. macaroni or similarly shaped pasta

Steps

1. Preheat the oven to 400°F (200°C). Cut the squash in half and scrape out the seeds. Bake in a glass dish with about a half inch of water around it for 45 minutes or until thoroughly cooked. While the squash is cooking put the cashews in a saucepan of water, bring to a boil, and let boil for 10 minutes.
2. Take the squash out of the oven and place on a plate to cool. When it is cool enough to handle scoop the insides into a food processor. Drain the cashews and add them, along with the garlic, nutritional yeast and miso paste.
3. Blend until creamy. Add salt and pepper to taste and set aside until you're ready to make the mac and cheese. This can be made a day or so ahead of time if that is more convenient.
4. Put a large pot of water on the stove to boil. When the water is hot put in the noodles and cook as recommended on the package.
5. Add the olive oil to a large skillet and allow to heat. When the oil is heated, add the garlic, curry and cumin and stir once or twice to distribute through the oil. Add the okra and toss in the oil. Cook on a medium heat until the okra turn golden brown, crispy and thoroughly cooked. Season with salt and pepper to taste.
6. When the pasta is cooked, turn off the heat, drain and return to the pot. Add the cheese sauce and okra and stir until combined.

