

Delicata Rounds with Lemon and Miso Dipping Sauces

Ingredients

- 2 delicata squash
- 1 cup of chickpea flour
- 1 1/2 cup of water (split)
- 1 tbsp. olive oil (+ slightly more to grease pan)
- 2 tsp. lemon juice
- ¼ cup nutritional yeast
- 1 tsp. garlic powder
- ½ tsp. curry powder
- 1 shallot, diced
- 1 cup cashews
- ½ lemon's juice
- 1 tbsps. Miso
- Salt and pepper, to taste

Steps

1. Preheat the oven to 425°F (220°C). Cut the delicate squash down the length, in pieces about 1 inch thick and use a grapefruit spoon to remove the seeds from the center of each delicate circle. Use some oil to grease a baking sheet, and set each round on top in a single layer (you may need two sheets).
2. In a large mixing bowl, whisk together 1 cup of water along with the chickpea flour, oil, lemon, nutritional yeast, garlic powder, curry and shallot. Carefully pour the batter into the center of each squash, up to the top without going over. Sprinkle a little salt and crack some fresh pepper over each one, then place in the oven for 20 minutes. After 20 minutes flip the squash, and allow to bake for at least another 10 minutes, until the squash are completely cooked through.
3. In the meantime, soak the cashews in water for at least 15 minutes before using. Drain all but ½ cup of water, and blend until smooth. Divide roughly in half, and using a whisk or the blender combine ½ a lemon's juice in one half, along with salt and pepper to taste, and 1 tbsp. miso in the other (going a little heavy on the pepper in the miso sauce will add a nice touch).
4. Serve the squash warm or at room temperature, along with the dipping sauces.

