



Winter Squash with Roasted Onions and Red Lentils

SERVES 4 AS A SIDE

1 medium butternut squash
3 tablespoons extra-virgin olive oil
Kosher salt and freshly ground black pepper
1 large red onion
3 tablespoons balsamic vinegar
1 tablespoon honey
1 cup heavy cream
2½ cups vegetable stock or room temperature water
1 small bulb fennel, cored and minced
1 cup red lentils
1 tablespoon finely chopped fresh rosemary leaves
2 tablespoons freshly squeezed lemon juice
1 tablespoon grated lemon zest
2 tablespoons chopped flat-leaf parsley leaves

THIS HEARTY SIDE DISH goes nicely with roasted meats, or it can stand on its own as a main dish. There are plenty of delicious varieties of winter squash, but I often reach for butternut because it's easy to find and to break down. Use a vegetable peeler to peel away the thick skin.

Preheat the oven to 350°F.

Cut off the base and stem of the squash and split it in half lengthwise. Cut off the neck of the squash and set aside. Scoop out and discard the seeds from the belly and arrange the halves cut-sides up on a baking sheet. Brush 1 tablespoon of the olive oil on the squash and season with salt and pepper. Roast for 30 minutes. Remove and allow to cool slightly before scooping the flesh away from the skin.

Meanwhile, slice the onion in half through the root end, then cut into thin wedges without separating the pieces. Arrange the onion in a single layer on one half of a full-size baking sheet. Toss with the balsamic vinegar and honey. Season with salt and pepper. Roast while you peel and dice the neck of the squash. Once the squash neck is diced, remove the baking sheet from the oven and place the squash pieces on the other half of the baking sheet. Toss with 1 tablespoon olive oil. Bake the red onion and squash for an additional 10 minutes. Remove and allow to cool.

In a medium saucepan, combine the cream and ½ cup of the vegetable stock over medium heat. Add the roasted squash flesh. Season with salt and pepper. Simmer until warmed through, 3 to 4 minutes. Remove from the heat and puree with an immersion blender (or in a food processor). Return the puree to the saucepan and keep warm over very low heat.

Heat the remaining 1 tablespoon olive oil in a large sauté pan and sauté the fennel until it begins to color, 2 to 3 minutes. Add the lentils, rosemary, and the remaining 2 cups vegetable stock. Simmer until the lentils are tender, 10 to 12 minutes.

Add the lentil mixture to the baking sheet with the roasted onion and squash cubes. Drizzle with lemon juice, season with salt and pepper, and toss to combine. To serve, spread the squash puree on the bottom of a serving dish and top with the lentil mixture. Scatter on the lemon zest and parsley.

Everyday Chef



Simple Recipes for Family and Friends

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