



Roasted Squash with Date Relish and Pumpkin Seeds

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 4 pound acorn squash halved seeded
- ☐ 10 servings pepper black freshly ground
- ☐ 4 ounces dandelion greens ends trimmed
- ☐ 3.5 ounces deglet noor dates pitted thinly sliced lengthwise
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 10 servings kosher salt

- ☐ 0.3 cup juice of lemon fresh ()
- ☐ 1 teaspoon olive oil extra-virgin divided
- ☐ 2 ounces parmesan cut into 1/4" cubes (1/3 cup; optional)
- ☐ 0.3 cup pumpkin seeds raw shelled (pepitas)

Equipment

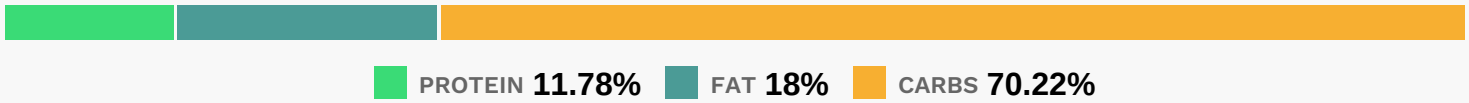
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Arrange racks in upper and lower thirds of oven; preheat to 375°F.
- ☐ Spread out pumpkin seeds in a single layer on a rimmed baking sheet and toast on top rack, stirring once or twice, until lightly browned, puffed, and aromatic, about 7 minutes. Toss pumpkin seeds on sheet with 1 teaspoon oil and a pinch of salt.
- ☐ Let cool on sheet; transfer to a work surface and coarsely chop. DO AHEAD: Pumpkin seeds can be prepared 1 day ahead. Store airtight at room temperature.
- ☐ Increase oven temperature to 425°F.
- ☐ Place squash, cut side down, on a cutting board. Using a sharp knife, carefully remove peel.
- ☐ Cut squash lengthwise into 3/4"-thick wedges.
- ☐ Place squash, 1/4 cup oil, and thyme in a large bowl. Season with salt and pepper. Toss to coat. Divide squash between 2 larger rimmed baking sheets, cut side down, in a single layer.
- ☐ Roast squash, rotating sheets halfway through, until tender when pierced with a fork, 25–30 minutes; set aside.
- ☐ Mix remaining 1/2 cup oil, 1/4 cup lemon juice, and parsley in a medium bowl. Season dressing with salt, pepper, and additional lemon juice, if desired.
- ☐ Place dandelion greens in a large bowl; drizzle with 1 tablespoon dressing. Season with salt and pepper; toss to coat.
- ☐ Add dates and Parmesan, if using, to remaining dressing in bowl for date relish.

Arrange dandelion greens on a large platter; top with warm squash. Spoon daterelish over; garnish with pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:3.58, Inflammation Score:-9, Nutrition Score:17.191304406394%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 146.19kcal (7.31%), Fat: 3.25g (5%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 24.32g (8.84%), Sugar: 6.61g (7.35%), Cholesterol: 3.86mg (1.29%), Sodium: 300.02mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin K: 113.75µg (108.33%), Vitamin A: 2024.26IU (40.49%), Vitamin C: 29.48mg (35.74%), Manganese: 0.49mg (24.71%), Potassium: 782.4mg (22.35%), Magnesium: 83.94mg (20.99%), Vitamin B1: 0.29mg (19.46%), Vitamin B6: 0.34mg (16.97%), Fiber: 4.23g (16.93%), Calcium: 158.9mg (15.89%), Phosphorus: 146.86mg (14.69%), Iron: 2.19mg (12.17%), Folate: 41.26µg (10.31%), Copper: 0.2mg (9.84%), Vitamin B5: 0.85mg (8.54%), Vitamin B3: 1.65mg (8.24%), Vitamin B2: 0.08mg (4.83%), Zinc: 0.67mg (4.45%), Selenium: 2.75µg (3.93%), Vitamin E: 0.53mg (3.55%), Vitamin B12: 0.07µg (1.13%)