Winter squash with spiced and seedy dressing, yogurt swoosh, and arugula

See how Bon Appétit Food Director Carla Music turns Element Hotels into her very own BA Test Kitchen as she creates three go-to recipes to maintain a bit of her routine while on the road.

Studio Commons at Element Hotels has all the equipment and utensils you need to make this warm, nourishing salad in only 20-25 minutes.

Images of the salad and ingredients

Recipe by Carla Music, Food Director, Bon Appétit

**Ingredients**

- 2 medium thin-skinned winter squash, (ex. delicata / acorn)
- 1/3 cup extra-virgin olive oil, plus more for drizzling Kosher salt; ground pepper
- 1/2 cup raw pumpkin seeds (pepitas) and/or raw sunflower seeds
- 1/2 tsp. ground turmeric
- 1/2 tsp. ground cinnamon
- 1/2 tsp. smoked paprika
- 2/3 cup whole Greek yogurt
- 2 limes
- 2 cups arugula

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**Instructions**

Prep Time: 20 minutes | Total Time: 25 minutes

1. WASH and CUT into halves lengthwise.
2. SCOOP out seeds using a tablespoon; discard. SEASON with salt.
3. HEAT large skillet on medium, coat skillet surface generously with olive oil
4. Working in 2 batches, place squash into pan, cut sides down, and COOK, undisturbed, until surfaces are deeply browned and flesh is starting to steam, 5-6 minutes.
5. TRANSFER to a bowl using tongs
6. REPEAT with remaining squash.
7. PLACE bowl with squash in the microwave, cook until flesh is tender, 2-3 minutes. Let cool.
8. Meanwhile, HEAT a saucepan over medium heat.
9. ADD 1/3 cup olive oil and seeds and cook, STIRRING frequently, until seeds are lightly browned, 3 minutes.
10. ADD turmeric, cinnamon, and paprika
11. COOK, stirring, until oil is very aromatic, 1 minute (do not burn spices!).
12. SCRAPE mixture into a small bowl and season with salt; set aside.
13. In a bowl, STIR together yogurt with juice of one lime; taste and season with salt.
14. SPOON yogurt onto a platter and use the back of spoon to spread out.
15. SLICE cooled squash into 1/4” thick half-moons; place atop yogurt.
16. SPOON half of seed mixture (with oil) over squash.
17. TOP with arugula, SQUEEZE juice of remaining lime over, and SPOON remaining seed mixture over.