

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.



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

Instructions

Prep Time: 20 minutes | **Total Time:** 25 minutes

1. **WASH** and **CUT** into halves lengthwise.
2. **SCOOP** out seeds using a table spoon; 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 1/2" 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.



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