

Acorn Squash and Red Lentils with Toasted Walnuts

1T Organic Expeller pressed Coconut Oil

1 red bell pepper

1 carrot

½ cup coarsely chopped onion

1T curry powder

½ cup Riesling or other medium bodied, high acid semisweet white wine

1 acorn squash, halved, seeded, peeled and cut into large chunks

¾ cup red lentils

½ to 1 tsp Celtic salt

¼ tsp freshly ground pepper

Coarsely chopped toasted organic walnuts for garnish

- 1.** Heat the oil in a large saute pan over medium heat. Add the bell pepper, carrot, and onion. Cook, stirring occasionally, for 10 minutes, or until the vegetables begin to soften but are not browned. Add the curry powder and stir constantly for about 30 seconds.
- 2.** Stir in the vegetable stock, wine, squash, and lentils. Increase the heat to medium-high. When the liquid begins to bubble, reduce the heat to low. Cover and cook for about 20 minutes, or until the squash and lentils are tender. (Check occasionally as the dish cooks and add water if necessary.) Stir in the salt and pepper. Taste and adjust the seasoning.
- 3.** Spoon the dish into a large serving bowl or into individual shallow bowls and garnish with walnuts.