

BUTTERNUT SQUASH AND TURMERIC SOUP

- 2 Tbsp + 1 tsp extra virgin olive oil, divided
- 1 large onion, diced
- 1 Tbsp marakov
- 1 medium butternut squash, cubed and seeds reserved
- 2 medium carrots, diced
- 2 ¼ tsp turmeric, divided
- Salt and pepper
- 2 Tbsp coconut milk



1. Heat 2 Tbsp oil in a large pot on medium. Add onion and cook, covered, stirring occasionally, until tender but not brown, 6 to 8 mins.
2. Add squash, carrots, 2 tsp turmeric, ½ tsp pepper and add to the pot and cook for 1 minute.
3. Add 1 Tbsp marakov and about 6 cups of boiling water to cover all the ingredients and bring to a boil, then reduce heat and simmer until vegetables are very tender, 18 to 22 minutes.
4. Meanwhile, heat the oven to 375F. Toss reserved seeds (about ¼ cup) with remaining tsp oil and ¼ tsp turmeric as well as ¼ tsp pepper and salt to taste. Roast until golden brown and crispy, 9 to 11 minutes.
5. Using an immersion blender (or standard blender, in batches), puree soup.
6. Divide in 4 bowls, sprinkle with toasted seeds and swirl in coconut milk.

Serves 4

SPICED AND HERBED TWISTS

- 1 Tbsp virgin olive oil
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- ½ tsp paprika
- 1 Tbsp thyme, finely chopped
- 1 Tbsp rosemary, finely chopped
- 1 Tbsp dried oregano
- 1 pack frozen puff pastry, thawed



1. Preheat oven to 350F.
2. Line a baking sheet with parchment paper.
3. Combine all the spices and herbs in a small bowl.
4. Unroll dough onto a lightly floured surface to form a rectangle.
5. Brush dough with oil and sprinkle with the mixture evenly over the top.
6. Slice the dough with a pizza cutter into ¾ inch strips. (or a sharp knife)
7. Grab both ends of each piece and gently stretch to 10 to 12 inches long.
8. Twist the pieces into a spiral and arrange on the prepared baking sheet ½ inch apart.
9. Bake 15 minutes or until golden. Cool breadsticks on a rack for 3 minutes before serving.

Makes around 12 sticks.