

Fall & Winter Seasonal Vegetables

Fall 2024

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Fall Bliss Salad

Serves 6

Time 45 minutes

Vegetarian

Common Allergens Milk (can be omitted/substituted)

Recipe from [Smitten Kitchen](#)

Ingredients

- ¼ cup olive oil + about 2 tablespoons for drizzling
- Salt
- Black pepper
- 1-pound honeynut squash, peeled, seeded, and sliced thin (¼-inch)
- 2 medium shallots (4 ounces), halved lengthwise and peeled
- 8 ounces spinach leaves, torn or chopped into bite-sized pieces
- 3 tablespoons sherry vinegar or balsamic vinegar, plus more to taste
- ¾ teaspoon smooth Dijon mustard
- ¼ cup pomegranate arils
- Optional: 2 ounces soft goat cheese, crumbled, or use vegan goat cheese
- ½ cup toasted, salted pepitas (see Note)



Instructions

1. Prepare the squash and shallots: Preheat oven to 400°F and line a baking sheet with a silicone baking mat or parchment paper. Drizzle or brush parchment lightly with olive oil and sprinkle the oil with salt and pepper. Arrange squash slices in one layer on parchment. Coat lightly with more oil, salt, and pepper.
2. Place shallot halves on a square of foil and drizzle lightly with olive oil and kosher salt. Tightly seal foil around them into a little packet and place on the baking sheet with squash.
3. Roast squash and shallots for 15 minutes, until the squash is lightly brown underneath. Flip the squash pieces and carefully open the foil packet with the shallots. Return the tray to the oven for another 5 to 10 minutes, until the squash is evenly brown. The shallot will not be brown or look caramelized, but will be tender, which is all we need. If you'd like, you can return the open foil packet to the oven for another 10 minutes for more color and flavor.
4. Make the dressing: In a blender or food processor, whiz warm shallots with ¼ cup olive oil until smooth, scraping down the bowl as needed. With the machine running, add Dijon mustard and 3 tablespoons vinegar, blending until smooth. Season with salt and pepper, blending again. Taste and adjust with more vinegar, salt, and pepper as needed. If the dressing is very thick, you can thin it with 1 to 2 tablespoons water.
5. Do ahead: The recipe can be paused here until needed. The squash and dressing are perfectly delicious at room temperature.
6. To serve: In a large wide bowl or salad plate, toss greens with half the dressing and season with additional salt and pepper. Arrange roasted squash over the greens, fanning out slices if you wish. Sprinkle salad with pomegranate, goat cheese, and pepitas and drizzle some of the remaining dressing over, to taste. Serve right away, with extra dressing on the side.

Notes

- Honeynut squash can be substituted with butternut squash.
- Pepitas: If you buy toasted pepitas that are not crisp, warm them in a small skillet with 1 teaspoon olive oil, 1 teaspoon butter, salt and red pepper flakes to taste over medium heat, stirring frequently, until they're a shade darker and smell nutty. Set aside until you're ready to use them.
- Preparing butternut/honeynut squash: [demo](#) video

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Moroccan Spiced Carrots

Serves 4

Time 30 minutes

Vegan

Common Allergens None

Recipe from [Minimalist Baker](#)

Ingredients

- 1 pound carrots, greens removed, cut on a diagonal into 1-1 ½ inch pieces
- 2-3 tablespoons avocado oil
- ¼ teaspoon sea salt
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- ¼ teaspoon ground turmeric
- ¼ teaspoon ground ginger
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground cayenne (optional)



Instructions

1. Preheat oven to 375°F and line a baking sheet with a silicone baking mat or parchment paper.
2. Add carrots to the baking sheet and drizzle with oil, salt, paprika, cumin, ginger, cinnamon, turmeric, and cayenne (optional), and toss well to combine.
3. Cook for 20-25 minutes, or until the carrots are tender and slightly browned. Serve hot as is, or with tahini, Za'atar, or Zesty Dill Yogurt Sauce.

Note

- Store leftovers covered in the refrigerator for up to 3-4 days. Not freezer friendly.

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Zesty Dill Garlic Sauce

Serves 4

Time 5 minutes

Vegan

Common Allergens Check yogurt label

Recipe from [Minimalist Baker](#)

Ingredients

- ½ cup plain dairy-free yogurt
- 1 clove garlic, minced or pressed
- 2 tablespoons fresh dill (or sub half the amount dried dill)
- 1 pinch of salt
- 1 pinch cayenne pepper
- 1-2 tablespoons lemon juice
- 1 drizzle extra virgin olive oil



Instructions

1. To a small mixing bowl add yogurt, minced garlic, fresh dill, salt, cayenne, lemon juice, and olive oil and stir to combine.
2. Taste and adjust flavor as needed, adding more lemon for acidity, garlic for zing, dill for herbal flavor, salt to taste, pepper for heat, or olive oil for richness.
3. Serve immediately with desired dish, such as Moroccan-Roasted Carrots, Greek Goddess Bowls, or Falafel.

Notes

- Store leftovers covered in the refrigerator for up to 4-5 days. Not freezer friendly.