

Roasted Eggplant with Romesco Sauce

Serves 4-6

Ingredients:

- 2-3 ea Eggplants
- Olive oil
- Salt
- Romesco Sauce
 - o 2 ea Red Bell Peppers, seeds and stem removed, cut into quarters
 - o 1 tbsp Olive Oil
 - o 4 ea Plum Tomatoes, quartered
 - o 1 cup Almonds, raw
 - o ¼ cup Italian Parsley, chopped
 - o 2 tbsp Olive Oil
 - o 1 tsp Salt
 - o 2 ea Garlic Cloves
 - o ½ Lemon, juiced

Directions

Eggplant

- Preheat oven to 450 F.
- Peel eggplant from stem to end. Cut into quarters lengthwise
- Lay eggplant on a cooking tray and poke each one a few times with a fork. Drizzle with olive oil and season with a little salt.
- Roast eggplant in the oven for 20-30 or until they have gone soft inside.

Romesco Sauce

- Preheat oven to 450 F.
- Toss pepper in 1 tbsp olive oil and place cut side down on a baking sheet.
- Roast until flesh is soft and tender and skin is blistered in spots, approx. 35 minutes.
- Place the peppers, tomatoes, almonds, parsley, olive oil, salt, garlic and lemon juice in a blender. Blend for about 20 seconds on high. You are looking for a semi chunky sauce.
- Adjust seasoning with salt if necessary.

Roasted Butternut Squash Soup

Serves 6-8

Ingredients:

- 2 medium Butternut Squash (about 4 lb), halved lengthwise and seeds removed
- 2 tbsp butter, unsalted
- 1 medium Granny Smith Apple
- ½ medium Yellow Onion
- 8 Sage leaves
- 5 cups Vegetable stock, Low Sodium
- 1 ½ tsp Salt, kosher
- ¼ tsp Black Pepper, ground
- 1/3 cup Heavy Cream

Directions

Soup

- Pre heat the oven to 425F. Line a baking sheet with aluminum foil and place the squash pieces cut side up. Melt 1 tbsp butter and brush the squash all over and in the inside. Season with salt and pepper. Roast the squash for about 50-60 minutes or until knife tender.
- Peel, core and medium dice the apple. Then dice the onion.
- Melt the other tablespoon of butter over medium heat in a large pot.
- Add the apples, onions, sage, salt and pepper, then cook for about 7 minutes or until soft.
- Scoop out the squash, from its flesh, and add to the apples.
- Add the stock and water, then bring it to a boil.
- Reduce the heat to a simmer. Cook for another 15 minutes to meld flavors.
- Remove from heat then add cream.
- Blend the soup in a blender, in small batches, on high until smooth.
- Season with salt and pepper.
- Garnish the soup with roasted pumpkin seeds, crème fraiche or pomagranite.