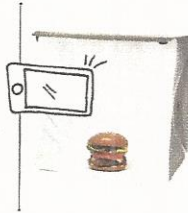


INSTA-TOOL

For the photo-centric foodie, the Foldio portable studio is a must. \$45 to \$75, orangemonkie.com



let's get cookin

Shaya celebrates modern Israeli cooking at his restaurant, and his pomegranate-kale tabbouleh is the perfect example of an updated riff on the centuries-old classic parsley and bulgur salad. Pomegranate arils and molasses add sweet-tart acidity, while hardy kale keeps its chew when dressed. In his original version, Shaya uses *baharat*, an Israeli spice blend with warm, floral notes, but he says pumpkin pie spice is a good sub.

"All of the produce in this dish can be found at fall farmers' markets," he says, adding that the stuffed squash is impressive at dinner parties. Try his original dish this month at Shaya in New Orleans.

ACORN SQUASH WITH POMEGRANATE AND KALE TABBOULEH

Hands-on: 25 min.

Total: 1 hr. 40 min.

This is a fun dish to "carve" at the table, as each person gets one wedge to enjoy as a side dish. For an entrée take, give each person half a squash.

- 2 acorn squash
- 3 tablespoons olive oil, divided
- 1 teaspoon pumpkin pie spice, divided
- 1 teaspoon kosher salt, divided
- 1/4 cup boiling water
- 2 tablespoons uncooked bulgur
- 5 1/2 tablespoons fresh lemon juice, divided
- 1/4 teaspoon freshly ground black pepper
- 1 cup thinly sliced stemmed green kale
- 1 cup thinly sliced stemmed red kale
- 1/2 cup pomegranate arils

- 1/4 cup finely chopped red onion
- 3 tablespoons sliced almonds, toasted
- 1/2 cup tahini
- 1 garlic clove, minced
- 2 tablespoons pomegranate molasses

1. Preheat oven to 350°.
2. Slice tops off squash, and reserve. Scoop out seeds and membranes; discard. Brush insides of squash evenly with 1 tablespoon olive oil. Sprinkle insides with 1/2 teaspoon pumpkin pie spice and 1/2 teaspoon salt. Place squash and squash tops on a baking sheet; bake at 350° for 55 minutes or until tender.
3. Combine 1/4 cup boiling water and bulgur in a small bowl; cover tightly with plastic wrap, and let stand 20 minutes. Fluff bulgur with a fork.
4. Combine 1/4 cup lemon juice, remaining 1/2 teaspoon pumpkin pie spice, remaining 1/2 teaspoon salt, pepper, and remaining 2 tablespoons olive oil in a medium bowl, stirring well with a whisk. Add kale, bulgur, pomegranate arils, red onion, and toasted almonds to bowl; toss well to coat.
5. Combine tahini, remaining 1 1/2 tablespoons juice, and garlic in a small bowl. Spread tahini mixture evenly around insides of cooked squash. Divide kale mixture evenly between squash. Drizzle evenly with pomegranate molasses.

SERVES 8 (serving size: 1/4 stuffed squash)

CALORIES 250; **FAT** 14.4g (sat 1.9g, mono 7.4g, poly 4.4g); **PROTEIN** 5g; **CARB** 29g; **FIBER** 3g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 257mg; **CALC** 104mg

Thursday
Vegan

