

Thanksgiving Mashed Squash

Wholesome Homemade Vegan Food

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Ingredients:

2 delicata squash
4 yukon gold potatoes
2 tbsp of Vegan heavy whipping cream (I used Califia brand)
Salt & pepper
3 cloves of garlic

Materials:

Small pot and lid
knife
Potato masher
Metal spoon
Glass pyrex

This recipe makes 4-5 servings as a side. Double or triple the recipe if you are looking to make more quantities.

Start by preheating your oven to 350 degrees F. Place your squash in the middle of the oven, and cook for 15 minutes so they soften. Once they are cooked, set aside to cool. Once they are cooled, slice them in half to let out the steam. When they are safe to handle, scoop out the seeds and stringy guts, and remove the skin. You should be left with the soft meat of the squash. Put the 2 squashes into a small pot with 4 chopped up yukon gold potatoes, and chopped up garlic. Add 1 tbsp of miyoko's butter and ¼ cup of heavy whipping cream (I used Califia brand's heavy cream). Lid the pot and let cook, making sure the bottom is not burning. This recipe is similar to mashed potatoes. When the veggies are softened, mash them and keep them simmering with a lid. Let the squash mash cook for a few more minutes and season more if necessary. Remove the mashed squash and evenly spread into a glass pyrex dish. At this point you can top the mash with herbs, seasonings, vegan cheese, or just keep it plain. Roast in the oven on 350 degrees F, for 15 minutes. Serve as a side for your Thanksgiving dinner!