

## **Coconut Butternut Squash**

- 1 T coconut oil
- 1/2 t cumin seeds
- 2 dried red chili peppers, stemmed
- 1" long piece cinnamon stick
- 2 bay leaves
- 1 small onion, finely diced
- 1 1/2 lbs butternut squash, flesh cooked and mashed
- 1 t ground coriander
- 1 T coconut sugar
- 1/4 t sea salt
- 1/2 c dried, grated unsweetened coconut flakes
- 1/4 c chopped cilantro

Heat the coconut oil in a large frying pan over medium-high heat. Add the cumin seeds, dried chilies, cinnamon stick and bay leaves. Stir for 1 minute. Add the onion and cook for about 5 minutes or until browned. Add the squash. Lower the heat to medium and heat through, stirring. Mix in the coriander, sugar and salt. Add the coconut, stirring well to combine. Taste and adjust seasoning. Discard the bay leaves, cinnamon stick and the dried chilies. Garnish with cilantro and a few coconut flakes.

## **Marinated Shrimp**

- 1 lb medium shrimp, peeled and deveined

### **Marinade**

- 3 T lemon juice
- 1 T low-sodium soy sauce
- 1 T Dijon mustard
- 3 cloves garlic, minced
- 1 T coconut sugar
- 2 t curry paste

Mix marinade ingredients in a large Ziplock bag. Marinate shrimp for 10 minutes. Empty the marinade into a large flat frying pan and simmer for 3-4 minutes over medium-high. Add shrimp and cook in a single layer for about 4 minutes, flipping once. Remove shrimp onto a serving plate and

thicken the remaining juices for about 3 minutes. Spoon sauce over shrimp. Garnish with a little cilantro. Serve on **Coconut Butternut Squash**. Serves 4.

**Jittery Cook**