

7 Ways {butternut squash}

Butternut squash is a great addition to any meal. Serve it prepared with a little heart-healthy fat (like olive oil) and you'll increase your absorption of beta-carotene! Feel free to sub-out frozen diced butternut squash in any of these recipes.

1. Cut one butternut squash in half, scoop out the seeds. Rub lightly with olive oil. Place ¼ cup torn sage leaves into each squash cavity. Season with salt + pepper. Turn squash upside down on a sheet pan and roast for 1 hour at 375°. Let cool for 5 minutes, scoop out flesh and mix with 1 oz soft goat cheese.
2. Peel and cube one butternut squash. Toss with olive oil + nutmeg + allspice + cinnamon + salt + pepper. Spread squash onto a cookie sheet, roast at 400° for 15 minutes, or until browned at the edges. Let cool for 5 minutes. Toss with 2 bunches fresh arugula + 1 cup toasted walnuts. Drizzle with dressing of ¼ cup apple cider + 2-3 Tbsp olive oil + 2 Tbsp red wine vinegar + salt + pepper.
3. Season ½ pound of sliced butternut squash with olive oil + salt + pepper & roast at 400° on a coated baking sheet for 20 minutes, or until firm yet tender. Remove from oven and increase temp to 450°. Spread jarred pesto over bottom of 1 large (or 2 minis) pizza dough (leave ~½ inch border); sprinkle with shredded Gouda or Fontina cheese. Top with roasted squash + chopped tomatoes + dried oregano and sprinkle of Romano cheese. Bake at 450° for 20 minutes or until lightly browned.
4. Toss 1 whole butternut squash, cubed, with olive oil + salt + pepper and roast on a baking sheet for 25 minutes at 400°. Remove from oven, set aside. Heat 1 Tbsp olive oil in a large skillet over medium heat. Add 1 Tbsp freshly grated ginger + 5 cloves crushed garlic + ½ red onion, sauté 3-4 minutes. Season with salt + pepper to taste. Stir in 3 cups cooked quinoa or couscous. Fold in 2 cans (drained, rinsed) black beans + roasted squash cubes; gently toss. Stir in juice from 1 lime + chopped cilantro. Sprinkle toasted pumpkin seeds on top.
5. In a large soup or stock pot, combine 1 peeled, diced butternut squash + ¾ cup vegetable broth + 2 tsp soy sauce + 1 Tbsp maple syrup. Cover. Bring to slow simmer for 20 minutes or until squash is soft. Serve over rice or your favorite whole grains.
6. Season 6 cups of diced butternut squash with olive oil + salt + pepper. Roast at 425° for ~30 minutes. In large soup pot, sauté 1 diced onion + 2 cloves minced garlic + 2 bay leaf in 2 Tbsp olive oil. Add squash to pot, sauté 2-3 minutes. Season with salt + pepper. Add 1 tsp paprika + 4 cups canned diced tomatoes + 2 cups chicken broth. Simmer 30 minutes. Season again with salt + pepper to taste. Remove bay leaves. Puree squash in food processor/blender. Return mixture to pot. Over low heat, stir in ½ cup half & half (or evaporated skim milk or light coconut milk). Gently simmer for 10 minutes. Serve with toasted bread.
7. Peel and cut squash into 1-inch cubes. Steam, covered, for 7 minutes until tender. Transfer to a bowl. Toss squash with 2 Tbsp olive oil + 1 tsp orange juice + salt + pepper to taste.