

ROASTED BUTTERNUT SQUASH

HOW TO CUT
BUTTERNUT
SQUASH

INGREDIENTS	
1 each	Butternut Squash
1 TBSP	Olive Oil

Cook once,
eat twice

PREPARATION:

ROAST WHOLE

1. Preheat oven to 400°F. Line sheet pan with parchment paper.
2. Poke the outside of the squash with a fork a few times, then microwave whole for ~2 minutes (or longer if a large squash) to make it easier to cut.
3. Trim the ends by cutting off the top and bottom, then cut in half lengthwise. You can also cut it in half at the neck first to make it easier to deal with, if needed. Remove seeds with a spoon.
4. Rub olive oil all over each half, then place flat-side down on sheet pan. Depending on size of squash, roast for 30-60 minutes until tender.

ROASTED CUBES

1. Preheat oven to 400°F. Line sheet pan with parchment paper.
2. Poke the outside of the squash with a fork a few times, then microwave whole for ~2 minutes (or longer if a large squash) to make it easier to cut.
3. Using a vegetable peeler, remove peel, then dice into ~1 inch cubes. Remember, a tile becomes a slice and a slice becomes a dice!
4. Toss with olive oil and seasonings of choice, then spread evenly on parchment-lined pan taking care to not overcrowd the pan to achieve ultimate caramelization. Roast for ~40 minutes, flipping halfway thru, until caramelized and tender.



GIMME SOME OVEN



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SCAN ME

FLIK BUTTERNUT SQUASH HUMMUS

Makes 12, ¼ cup servings

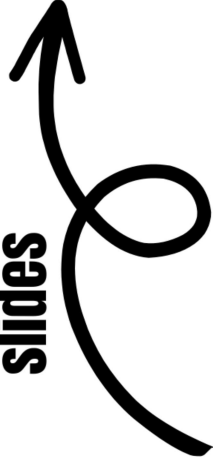
INGREDIENTS

1 ½ cups	Roasted Butternut Squash
1 ½ cups	Garbanzo Beans, cooked
1 TBSP	Tahini (sesame paste)
1 TBSP	Water
¼ tsp	Cinnamon
¼ tsp	Salt
1/8 tsp	Cayenne Pepper
¼ tsp	Paprika
¾ tsp	Cumin
2 TBSP	Olive Oil
1 TBSP	Lemon Juice

PREPARATION:

1. In a food processor, combine all ingredients and process until smooth!

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Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
80	4	0	60	3	11	3	2

BUTTERNUT SQUASH MAC & CHEESE

Recipe adapted from Gimmie Some Oven
Makes 4, 1 cup servings

INGREDIENTS	
8 ounces	Uncooked Pasta
1 TBSP	Olive Oil or Butter
6 each	Fresh Sage Leaves (optional)
½ cup	Onion
2 cloves	Garlic, minced
½ pound	Butternut Squash, diced*
¾ cup	Vegetable Stock
1 cup	Milk of Choice, unsweetened
4 ounces	Sharp Cheddar Cheese, freshly shredded
To taste	Salt & Pepper

PREPARATION:

Cook the Pasta

1. Heat a pot of generously-salted water until boiling. Cook noodles until al dente and reserve a cup of starchy pasta water for later.

Fry the Sage (optional)

2. Sauté the sage leaves in melted butter for a minute or two until crispy. Then transfer the sage to a separate plate and reserve for later.

Cook the Sauce

3. Sauté the onion in the remaining butter for ~5 minutes, then add garlic and sauté for 1 minute, taking care not to burn. Then add in the butternut squash and vegetable stock, bring the mixture to a simmer, reduce heat, cover and cook until the squash is tender. Transfer the mixture to a blender and stir in the milk. Then very carefully (I recommend slightly opening the cap on the blender lid so that excess steam can escape) pulse the mixture until smooth. Return the pureed mixture to the sauté pan, and stir in the cheddar cheese until melted. Taste and season with S&P.

Pull It All Together

4. Once the pasta is drained, return it to the stockpot, pour in the sauce and give it all a good toss until combined. If the sauce seems too thick, stir in some of the reserved starchy pasta water until ideal consistency is reached.

***Butternut squash options:** The recipe is written for raw butternut squash. But if you have pre-cooked butternut squash or canned butternut squash on hand, use it to save yourself some time! You will need 1 pound of cooked squash, which is about 2 cups mashed cooked squash or one (15-ounce) can of butternut squash. Just stir it into the garlicky butter, skip the step where you cook it for 10 minutes, and transfer the butternut mixture straight to the blender (or blend in the pan with an immersion blender) and continue on with the recipe.

See original
"Gimmie Some Oven"
recipe here



BUTTERNUT SQUASH, KALE QUESADILLA

Recipe from The Pioneer Woman
Makes 4 Whole Quesadillas

INGREDIENTS	
½ whole	Butternut Squash, peeled, seeded, diced
2 TBSP	Butter, separated
1 TBSP	Olive Oil
½ tsp	Salt
¼ tsp	Pepper
¼ tsp	Chili Powder (or more to taste)
1 bunch	Kale, de-stemmed, leaves torn
8 each	Tortillas, fajita size
2 cups	Monterey Jack Cheese, grated

PREPARATION:

1. Heat 1 TBSP butter and oil in large skillet over medium high heat. Add squash, salt, pepper and chili powder. Cook for several minutes, turning gently with spatula, until squash is deep golden brown and tender (but not falling apart.) Remove to a plate and set aside.
2. In the same skillet, melt 1 TBSP butter over medium-high and add in the kale. Toss it around and cook until wilted, about 3 minutes. Add in the squash, toss together, then remove to the plate and set aside.
3. In the same skillet! Build the quesadillas one by one by adding a thin layer of cheese, a scoop of squash/kale, another thin layer of cheese, then topped with the second tortilla. Brown on each side, cut into wedges and serve with sour cream, cilantro, pico de gallo, salsa, avocado, hot sauce, etc.!

Pioneer Woman
Recipe



FLIK CURRIED BUTTERNUT SQUASH, LENTIL SOUP

Makes 10, 1 cup servings

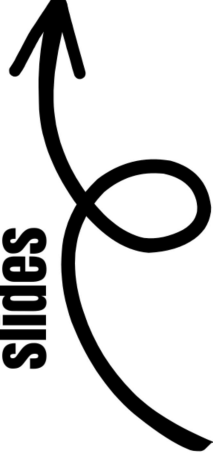
INGREDIENTS	
1 TBSP	Olive Oil or Butter
½ cup	Onion, diced
½ cup	Celery, diced
½ cup	Carrots, diced
1 ½ TBSP	Curry Powder
2 pounds	Butternut Squash, diced
¾ cup	Yellow Lentils, dry
1 ½ quarts	Vegetable Broth
2 tsp	Salt

PREPARATION:

1. Heat oil or butter in a large stockpot. Add onions, celery and carrots and cook until lightly caramelized.
2. Stir in curry powder and cook for an additional 1-2 minutes, until curry powder is fragrant.
3. Stir in butternut squash, lentils, vegetable broth, and salt. Bring up to a simmer and cook until butternut squash and lentils are very tender.
4. Puree with an immersion blender until smooth. If soup isn't completely smooth, soup needs to be cooked more. Return soup to heat and cook longer, then re-puree.

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Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
110	1.5	0	430	4	21	4	3

FLIK BUTTERNUT SQUASH, QUESO DIP

**BONUS
RECIPE!**

Makes 6, ¼ cup servings

INGREDIENTS	
12 oz	Butternut Squash
½ tsp	Oil
3 TBSP	Red Onions, fine chopped
1 tsp	Garlic, minced
½ cup	Pepper Jack Cheese, shredded
1/3 cup	Canned Diced Tomato, No Added Salt, drained
2 TBSP	Jalapeno Peppers, minced
¼ tsp	Chili Powder
¼ tsp	Cumin, ground

PREPARATION:

1. Preheat oven to 350°F.
2. Cut butternut squash in half lengthwise, scrape and discard seeds from halves. Wrap butternut squash halves in foil and bake until very tender, about 1 hour.
3. Scrape flesh from squash and place in high powered blender. Blend until very smooth.
4. Heat oil in a sauté pan. Sweat onions and garlic until translucent. Add to the blender with shredded pepper jack cheese and blend until very smooth.
5. Place butternut squash mixture in a bowl and stir in tomatoes, jalapeno, chili powder, cumin and salt.
6. Place in baking dish and bake until heated through and cheese is melted.

Nutrition Information Per Serving:

Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs	Fiber	Sugar
(g)	(g)	(g)	(mg)	(g)	(g)	(g)	(g)
90	5	3	150	4	7	1	2

today's
sides

