

Holiday Roasted Butternut Squash



Prep: 15 minutes

Cook: 40 minutes

Serves: 4

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

1 medium butternut squash (about 2 pounds)
1 orange
1/2 cup of walnuts chopped
1 teaspoon dried sage
2 tablespoons of brown sugar
3 tablespoons of vegetable oil 1/2 teaspoon salt
1/4 teaspoon black pepper

Optional

Acorn squash is a great alternative to the butternut squash; you can substitute maple syrup for the brown sugar; 1/4 cup dried fruit, such as cranberries or cherries can be tossed over.



1. Preheat oven to 375°.
2. Remove the zest, the colorful portion of the orange peel, using the small side of a cheese grater; cut the orange in half and squeeze the juice into a bowl, save for later use.
3. Rinse the squash and cut off the stem end and the root end. Using a vegetable peeler, peel the squash. Cut the squash in half, from top to bottom and scoop out the seeds, using a spoon.
4. Again, cut the squash in half to separate the neck of the squash from the rounded body of the squash. Cut both parts into similar sized chunks, 1/2 inch pieces.
5. Place the squash into a large bowl and add the vegetable oil, orange juice and orange zest, dried sage, brown sugar and salt and pepper, save the walnuts for later.
6. Place this mixture into an 11"x 7" baking dish and spread out. Put into the oven, until the squash is cooked through, tender and caramelized (approximately 40 minutes.) After the first 20 minutes, stir the mixture and then add the chopped walnuts, mix well.

Chef's Notes: Serve with your favorite roast or holiday meal. The addition of orange juice and brown sugar or maple syrup adds a level of sweetness to this dish, which goes well with the squash. However, it can burn if your oven is too hot, or in the oven too long, so pay attention to the time and temperature!