

Maple Walnut Hasselback Butternut Squash

TEAM
USA



Source: USOPC

Ingredients

Roasted squash

1 medium butternut squash
1 tsp. olive oil
1/3 tsp. salt
1/4 tsp. black pepper
1/8 tsp. cinnamon

Maple glaze

1/3 cup walnuts, chopped
2 tbs. maple syrup
1 tbs. olive oil
1 tsp. sage, ground or fresh
minced
1/8 tsp. salt

Pan spray

Difficulty:



Prep Time: 1.5 hours

Servings: 4 servings

Dietary: Vegan

Nutrition per 1/4 recipe

Calories: 267

Carbohydrates: 43g

Protein: 4g

Fat: 11g

Fiber: 6g

Sodium: 297mg

Directions

- Heat oven to 400°F.
- Peel squash and cut off the stem and very end of the bottom. Scoop out seeds and membranes.
- Season with the salt, pepper, cinnamon and olive oil. Place cut side down on a sheet pan sprayed with pan spray and bake in the oven for 30 minutes, until slightly softened. Remove from the oven.
- Transfer one squash half to a cutting board using a spatula. Place a wooden spoon or butter knife on either side of the squash. Make cuts crosswise into the squash that are about 1/8" apart, using the spoon or butter knife to prevent cutting all the way through the bottom of the squash. Repeat cuts with the other half. Bake in the oven another 20 minutes.
- While squash is baking for the second time, make the glaze by combining the maple syrup, olive oil, sage and salt.
- Remove squash from the oven. Spoon the the maple walnut mixture over the squash and into the cuts. Bake again for about 10-15 minutes, or until squash is tender throughout.
- Remove from the oven. Allow to cool for a few minutes, then enjoy.

Recipe Tips

Other nuts like almonds and pecans can be used in place of walnuts. This can be cooked a day ahead, cooled and then reheated to serve.