



Butternut Squash, Ricotta, and Sage Crostini



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pound butternut squash peeled seeded cut into 1/2" cubes (4 cups)
- ☐ 12 servings pepper black freshly ground
- ☐ 0.8 cup ricotta cheese fresh
- ☐ 24 sage fresh
- ☐ 12 servings juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 1.5 teaspoons brown sugar light packed ()
- ☐ 3.5 tablespoons olive oil extra virgin extra-virgin divided plus more for drizzling

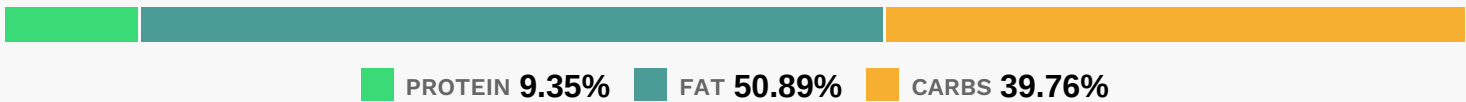
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 425°F. Toss squash, 2 tablespoons oil, and sugar in a large bowl. Season with salt and pepper. Arrange in a single layer on a rimmed baking sheet. Roast, tossing occasionally, until squash is golden and tender, 25–30 minutes.
- ☐ Let cool on sheet.
- ☐ Heat 1 1/2 tablespoons oil in a small skillet over medium–high heat.
- ☐ Add sage; cook until edges begin to curl and turn dark green, 1–2 minutes. Using a slotted spoon, carefully transfer to paper towels to drain.
- ☐ Mix ricotta and lemon zest in a small bowl. Season with salt and pepper. DO AHEAD: Butternut squash, sage leaves, and ricotta can be made 1 day ahead. Cover and chill squash. Store sage airtight at room temperature. Cover and chill ricotta mixture. Bring squash to room temperature before serving.
- ☐ Spread 1 tablespoon of ricotta mixture on each baguette slice. Top each with a few squash cubes.
- ☐ Drizzle crostini with lemon juice and olive oil.
- ☐ Sprinkle with salt and pepper. Top crostini with 2 fried sage leaves each.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.14, Inflammation Score:-10, Nutrition Score:10.422608689769%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 102.69kcal (5.13%), Fat: 6.21g (9.56%), Saturated Fat: 1.87g (11.72%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 9.33g (3.39%), Sugar: 2.57g (2.86%), Cholesterol: 7.91mg (2.63%), Sodium: 16.44mg (0.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin A: 8106.61IU (162.13%), Vitamin C: 21.79mg (26.41%), Copper: 0.31mg (15.39%), Vitamin E: 1.72mg (11.45%), Manganese: 0.18mg (8.83%), Potassium: 300.35mg (8.58%), Magnesium: 28.68mg (7.17%), Calcium: 70.81mg (7.08%), Vitamin B6: 0.13mg (6.53%), Fiber: 1.6g (6.39%), Folate: 25.3µg (6.33%), Vitamin B1: 0.08mg (5.44%), Phosphorus: 50.86mg (5.09%), Vitamin B3: 0.94mg (4.69%), Selenium: 2.65µg (3.79%), Iron: 0.65mg (3.59%), Vitamin B5: 0.36mg (3.57%), Vitamin K: 3.62µg (3.45%), Vitamin B2: 0.05mg (2.82%), Zinc: 0.3mg (2.03%)