



Food & Wine' Magazine's Buttery Squash Turnovers

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pound butternut squash seeded cut into 1/2-inch dice
- ☐ 1 large eggs lightly beaten
- ☐ 2 garlic clove chopped
- ☐ 1.5 cups goat cheese fresh
- ☐ 3 large leek white cut into 1-inch dice (2 cups)
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 14 ounces puff pastry frozen thawed

- ☐ 12 servings salt and pepper freshly ground
- ☐ 0.5 pound mushroom caps sliced
- ☐ 2 tablespoons thyme leaves

Equipment

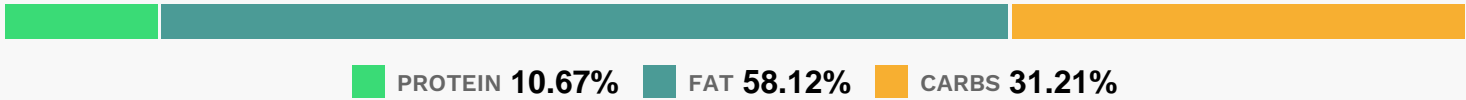
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 375°. In a large skillet, heat 2 tablespoons of the olive oil.
- ☐ Add the diced leeks and cook over moderate heat, stirring occasionally, until softened, about 5 minutes.
- ☐ Add the shiitake and cook, stirring often, until their liquid has evaporated, about 5 minutes. Stir in the garlic and the thyme and cook for 2 minutes. Season with salt and pepper and transfer to a medium bowl.
- ☐ Line a large rimmed baking sheet with parchment paper and lightly oil the parchment. In a large bowl, toss the squash with the remaining 2 tablespoons of olive oil and season with salt and pepper.
- ☐ Spread the squash on the prepared baking sheet and bake for about 25 minutes, until softened and starting to brown.
- ☐ Add the squash to the leeks and mushrooms and toss.
- ☐ Line a large rimmed baking sheet with parchment paper. On a lightly floured work surface, gently roll out the puff pastry to a 12-by-16-inch rectangle about 1/4 inch thick.
- ☐ Cut the pastry into twelve 4-inch squares. Spoon 2 tablespoons of the shiitake-squash mixture onto each square and top with 2 tablespoons of the goat cheese. Lightly brush the edge of the squares with some of the beaten egg. Fold the squares over to form triangles and crimp the edges decoratively with a fork.
- ☐ Arrange the turnovers on the prepared baking sheet about 1/2 inch apart.

- ☐ Brush the tops of the turnovers with the remaining beaten egg.
- ☐ Bake for about 25 minutes, until the pastry is golden brown.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:9.32, Inflammation Score:-10, Nutrition Score:17.286521802778%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 358.83kcal (17.94%), Fat: 23.74g (36.52%), Saturated Fat: 8.11g (50.67%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 25.62g (9.32%), Sugar: 3.5g (3.89%), Cholesterol: 28.55mg (9.52%), Sodium: 395.94mg (17.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.61%), Vitamin A: 8778.47IU (175.57%), Manganese: 0.52mg (26.15%), Vitamin C: 20.57mg (24.93%), Vitamin K: 19.85µg (18.91%), Copper: 0.36mg (18.22%), Folate: 68.81µg (17.2%), Vitamin B2: 0.29mg (17.02%), Selenium: 11.83µg (16.9%), Vitamin B1: 0.25mg (16.43%), Vitamin B3: 3.26mg (16.29%), Vitamin B6: 0.32mg (15.94%), Phosphorus: 156.64mg (15.66%), Iron: 2.77mg (15.4%), Vitamin E: 2.22mg (14.77%), Fiber: 3.05g (12.22%), Magnesium: 48.04mg (12.01%), Potassium: 406.11mg (11.6%), Calcium: 100.95mg (10.1%), Vitamin B5: 0.88mg (8.82%), Zinc: 0.85mg (5.68%), Vitamin D: 0.27µg (1.82%), Vitamin B12: 0.09µg (1.52%)