



Roasted Winter Squash



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



3

CALORIES



805 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 3 servings hazelnut biscotti crumbled for garnish
- ☐ 3 pounds butternut squash preferably 1 large squash
- ☐ 2 tablespoons sage leaves fresh finely chopped
- ☐ 2 tablespoons granulated sugar
- ☐ 3 servings grey salt and pepper black freshly ground
- ☐ 2 teaspoons spice rub toasted
- ☐ 0.5 cup butter unsalted 1 stick

☐ 0.3 cup unsulfured molasses dark

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

☐ ramekin

☐ baking pan

☐ grill

☐ broiler

☐ peeler

Directions

☐ Preheat the oven to 400 degrees F.

☐ Peel the squash with a vegetable peeler. Halve lengthwise, discard the seeds, then cut into 1-inch dice.

☐ Place in a large bowl and season with salt and pepper.

☐ Heat the butter in a medium skillet over medium-high heat. When the butter ceases to foam and has turned a light brown, pull the pan off the heat and immediately add the sage, sugar, vinegar (stand back so as not to get splattered), molasses and Toasted Spice Rub.

☐ Mix well and let simmer over medium-low heat for 1 to 2 minutes to meld the flavors.

☐ Pour the vinegar mixture over the squash and toss well, then transfer to a heavy rimmed baking sheet or baking dish large enough to hold the squash in a single layer.

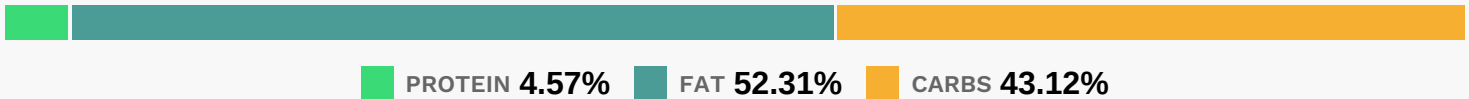
☐ Place in the oven and roast, tossing at least once, until very tender and caramelized, about 1 hour. Set aside until cool enough to handle but still warm, so the liquids are runny.

☐ Increase the oven temperature to broil.

☐ Working in batches, if necessary, transfer the warm squash and all the cooking liquids to a food processor and process until smooth.

- ☐ Transfer to a buttered 1 1/2 pint gratin dish, or 6 to 7 (1/2 cup) ramekins, top with thecrumbled biscotti and put under the broiler for 5 to 8 minutes or until biscotti is slightly toasted. You can also refrigerate for up to 5 days, or freeze for up to 2 months.
- ☐ Variation for Smoky Butternut Squash: Cook the prepared squash on a baking sheet in a covered grill with soaked chips to give a slightly smoky taste. Substitute in any of the recipes that call for roasted squash.
- ☐ If cooking kabocha, acorn, or other difficult-to-peel squash, cut in half, scoop out the seeds, and rub the insides and cut edges with the vinegar/molasses mixture.
- ☐ Place on a baking sheet, cut sides up, and roast at 400 degrees F until tender. Scoop out and puree.
- ☐ Serve the puree on its own as a side dish for roast chicken, turkey, or pork; stir into polenta just before the end of cooking; use as a stuffing for ravioli; make into a soup; or use to flavor pastina. Or omit the sage, season with ground cinnamon and freshly grated nutmeg.

Nutrition Facts



Properties

Glycemic Index:70.36, Glycemic Load:16.95, Inflammation Score:-10, Nutrition Score:44.305651732113%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Nutrients (% of daily need)

Calories: 804.88kcal (40.24%), Fat: 49.74g (76.52%), Saturated Fat: 21.03g (131.44%), Carbohydrates: 92.24g (30.75%), Net Carbohydrates: 79.8g (29.02%), Sugar: 43.48g (48.32%), Cholesterol: 81.34mg (27.11%), Sodium: 38.24mg (1.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Vitamin A: 49203.96IU (984.08%), Copper: 13.13mg (656.46%), Manganese: 3.73mg (186.52%), Vitamin C: 97.3mg (117.94%), Vitamin E: 11.93mg (79.52%), Magnesium: 284.35mg (71.09%), Potassium: 2271.2mg (64.89%), Vitamin B6: 1.07mg (53.73%), Fiber: 12.44g (49.78%), Vitamin B1: 0.68mg (45.02%), Folate: 159.36µg (39.84%), Iron: 7mg (38.91%), Calcium: 364.34mg (36.43%), Vitamin B3: 6.3mg (31.5%), Phosphorus: 262.43mg (26.24%), Vitamin B5: 2.36mg (23.59%), Vitamin K: 22.8µg (21.71%), Selenium: 8.51µg (12.16%), Zinc: 1.67mg (11.11%), Vitamin B2: 0.15mg (8.66%), Vitamin D: 0.57µg (3.78%), Vitamin B12: 0.06µg (1.07%)