



Spiced Pecan Butternut Squash

Recipe courtesy of Kyira Hauer

Ingredients:

- o 2 large butternut squash
- o 1 T olive oil
- o 1 red or sweet onion, finely chopped
- o 1/2 cup plain Greek-style yogurt
- o 3/4 cup shredded aged Gouda or Parmesan
- o Salt & pepper
- o 1 T cinnamon
- o 1 tsp nutmeg
- o 1/2-3/4 cup chopped pecans or walnuts, unsalted and toasted
- o 3 T lightly toasted breadcrumbs
- o 3 T crumbled goat cheese

Directions:

Preheat your oven to 425 F. Cut in half lengthwise and clean out the seeds of the squash. Fill a baking pan with about an inch of water. Put the skin side up into the pan and cover with aluminum foil. Bake the squash for about 35-40 minutes, or until cooked through and easy enough to poke through with a fork. While baking the squash, heat appx 1 T oil in a medium frying pan over medium-high heat. Dice the red onion and then add to the pan, sauteing until they have begun to caramelize. Once the squash is cooked through, take out of the oven and allow to cool. Keep the oven on. Once it is cool enough to the touch, scoop out the squash from the skin and put into a large mixing bowl. Add the cooked onions, shredded Gouda or Parmesan, Greek yogurt, S&P, nutmeg and cinnamon. Put the mixture into a square, glass baking dish and sprinkle with the toasted nuts, breadcrumbs, and goat cheese. Put the baking dish back into the oven and bake 25-30 minutes, until the cheese has melted and the squash is steaming through. Take out of the oven, allow to cool for a few minutes then serve.

Metcalfes CUT Holiday Sides Recipe Competition 3rd Place Winner!

Kyira was one of three finalists who competed live at the Isthmus Food & Wine Show on October 19, 2013.

