



Roasted Butternut Squash with Apples and Candied Pecans

Tuesday October 28, 2014 in Recipes

This simple recipe can be enjoyed as a side dish or a dessert — it's the perfect fall comfort dish! Peggy Kotsopoulos has made it low in fat and calories yet high in fiber, potassium and vitamins A and C.

Ingredients

1 butternut squash, peeled and cubed into 2-inch pieces
1 apple, cored and sliced (keep skin on for extra fiber and nutrients)
1/4 cup water
sprinkle coconut palm sugar, optional
1/4 cup raw cane sugar
1 tbsp + 2 tsp cinnamon
1/2 cup pecans
1/2 cup pumpkin seeds
3 tbsp maple syrup
1/2 tsp cayenne

Preparation

Preheat oven to 400 F.

Mix all ingredients (except pecans, seeds, maple syrup, cayenne and 2 tsp cinnamon) in a large

bowl and then pour into a large casserole or baking dish. Ensure all pieces of squash are exposed (none are overlapping). Bake for 30–40 minutes until squash is tender and cooked throughout.

For candied pecans: in a skillet on medium heat, toast nuts and seeds until slightly browned (roughly three minutes). Then add maple syrup — it will start to sear. Add the 2 teaspoons of cinnamon and half teaspoon of cayenne right away, stirring until well combined and all the nuts are coated. Remove from heat and transfer nuts to a cooling dish. Let cool completely.

Sprinkle on top of roasted butternut squash.

This dish can be added on top of frozen yogurt.