

Butternut Squash with Agrodolce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 4-6 slices

Ingredients	Quantity	Measure
Butternut Squash, peeled, sliced ¼ inch thick	3	Each (large)
Canola Oil	½	cup
Agave Syrup, Maple Syrup, or Light Corn Syrup, divided	1	cup
Salt	1	tsp.
Black Pepper	1	tsp.
Jalapeno, Fresh, thinly sliced, divided	2	Each (large)
White Wine Vinegar	1	cup
Lime Zest from whole Limes	2	each
Lime Juice	From	Zested Limes
Sage, dried	1	tsp.
Pumpkin Seeds (Pepitas), toasted	¼	cup

Preparation

1. In a large bowl, toss the squash, oil, and ¼ cup of agave syrup together. Season with salt and pepper and place on an oiled sheet pan. Roast in the oven at 400 degrees for 10-12 minutes on the first side, then flip squash over and roast until tender, about another 8-10 minutes making sure that both sides are caramelized and tender but not mush.
2. While the squash is roasting, place the remaining agave syrup, 1 ½ of chilies (reserve a few slices for garnish), vinegar, and lime juice in a pot and bring to a boil then simmer until a thick syrup.
3. Remove the squash from the sheet pan and place in hotel pan for service. Pour syrup over the top and toss with lime zest. Sprinkle sage, pumpkin seeds, and reserved slices of jalapeno over the top as garnish.

Serving Information/Notes

This recipe works for most winter type squash. May need to peel the squash before roasting due to the thickness of the skin.

Nutrition Information

 *From USDA Nutrient Database

Calories: 293 Total Fat: 12.5g Saturated Fat: 1.2g Monounsaturated Fat: 6.6g Polyunsaturated Fat: 3.9g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 42g Fiber: 3.7g Total Sugars: 19.4g Protein: 2.8g Sodium: 202mg Vitamin A: 36µg Vitamin C: 30.6mg Calcium: 68mg Iron: 1.8mg Folate: 43µg