

Butternut Squash Recipes

Butternut Squash with Oats

- 2 large butternut squashes
- 1/2 cup butter or margarine
- 1 1/2 cup oatmeal
- 1/2 cup brown sugar or dark sugar substitute
- 1/4 cup pecans
- 1/2 to 3/4 cup water

Cut squashes into two and remove seeds, bake at 375 until tender about 45 minutes. Remove skin and cut into bite-sized pieces. In a separate bowl combine oats, pecans and sugar. Layer squash in a large 9x13 greased baking dish. Sprinkle the oat mixture on top and pour water over the mixture making sure there is a layer of water on the bottom. Mix thoroughly and dot with butter. Place in oven set at 375 for 45 minutes. Check from time to time and add water as needed.

This makes a great sweet side dish as an alternative to yams or sweet potatoes.

Butternut Squash

Cut squash in half and remove seeds. Bake at 375 until tender. Cut into pieces and remove skin. Drain and mash. Add salt, butter and brown sugar to taste, and put into a greased casserole and bake at 350 15 to 20 minutes or until bubbly.

Baked Butternut Squash

Cut one butternut squash in half and remove seeds. Place cut side up in baking dish and pour water 1/2" deep. Sprinkle halves with 2 tablespoons brown sugar, 1 teaspoon lemon juice, 1/4 teaspoon salt and a little paprika. Dot with butter. Bake at 375 for 30 minutes covered and uncovered for an additional 30 minutes.

Butternut Squash Sauté

- 4 slices bacon cut into 1" pieces
- 1 medium onion chopped (1/2 cup)
- 6 cups Butternut squash peeled and cut into 1" pieces
- 1/2 teaspoon chopped fresh or 1/8 teaspoon dried thyme
- 1/8 teaspoon pepper
- 3 cups firmly packed baby spinach leaves

Cook bacon in 12" skillet over medium heat until, stirring occasionally until crisp. Stir in onion and cook about 2 minutes until crisp tender. Stir in squash, thyme and pepper. Cover and cook 8 to 10 minutes, stirring occasionally until squash is tender. Add spinach and cook until just wilted. Serve warm as a side dish.

Butternut Squash Baked With Tomatoes and Cheese

- 2 pounds butternut squash
- 2 tablespoons butter
- 2 tablespoons oil
- 8 green onions slices
- 4 tomatoes peeled and chopped, you can substitute a can of tomatoes.
- 1/2 teaspoon thyme
- 4 ounces or 1 cup grated sharp cheddar cheese
- Salt and pepper to taste

Peel and cut up squash into bite-sized pieces (about 1/4" thick). Place in a heavy skillet and sauté in butter and oil until lightly browned. Transfer to greased baking dish. Add onions to skillet and sauté until soft, add to baking dish. If using fresh tomatoes, mix them with thyme and sauté in the skillet adding extra oil if needed, otherwise spoon canned tomatoes over squash and onions in baking dish. Bake uncovered at 325 for 30 minutes and sprinkle with cheese and return to oven. Increase temp to 425 and bake an additional 5 to 10 minutes until cheese is melted. Please note this is a great dish for vegetarians or is also wonderful with any simple meat or poultry dish.

Butternut Squash over Jasmine Rice

Pearl onions, you can use regular onions also

Butternut squash

Garlic

Salt, pepper, dill, and any other spices or herbs you like.

Jasmine rice

Peel and cut squash into pieces. Place in deep oven pan. Peel and cut up onions and put them on top of the squash. Peel, crush, and cut up garlic and sprinkle on squash. Toss herbs and spices with the squash. Put in oven and bake at 400 about 20 minutes or until tender. In the meantime make the jasmine rice per package instructions. When the squash is tender serve over rice and enjoy.

Butternut Squash with Raisins

- 2 pounds butternut squash
- 1 tablespoon butter
- 1 tablespoon Worcestershire sauce
- 2 tablespoons raisins

Cut squash in half, remove seeds, peel, and cut into small pieces and cover with water and cook in sauce pan over high heat until tender (about 10 minutes). Drain well and mash or put through a food processor with butter and Worcestershire sauce. Stir in raisins.

Recipes obtained from HungryMonster.com