

Honeynut Squash Recipes

Honeynut squash can be used in place of butternut in any recipe, if you adjust for the smaller quantity. A bonus: their skin is thin and edible!

Sausage and Apple Stuffed Honeynut Squash

Source: Garden in the Kitchen – www.gardeninthekitchen.com/sausage-apple-stuffed-honeynut-squash

Ingredients

- 3 whole honeynut squash, halved
- 2 Tbsp olive oil
- Pinch of sea salt and pepper
- 2 sausages, casings removed
- 5 Cremini mushrooms, chopped
- 2 cloves garlic, minced
- 1 apple, cubed
- 1 celery stalk, chopped small
- 1 tsp oregano
- 1 tsp sweet paprika
- ½ cup dried cranberries

Instructions

- Wash the skin of squash and pat dry with kitchen towel. Cut in half lengthwise. Remove seeds and clean the cavity well. Brush the squash with 1 Tbsp olive oil and season with salt and pepper to taste. Bake at 400F degrees for 30 minutes.
- Meanwhile, heat remaining 1 Tbsp oil in cast iron. Add sausage without casing and use a wooden spatula to break up the meat. Then add garlic and mushrooms and sauté for 5 minutes or until browned.
- Next add the celery and apple, sauté stirring often for 3-5 minutes. Season with salt, pepper, oregano and sweet paprika. Lastly add dried cranberries and stir mixture. Cover and set aside.
- When squash is done, use a fork to loosen up the squash but don't remove any. Top with sausage and apple stuffing, garnish with fresh herbs and/or nuts and serve.

Roasted Honeynut Squash with Garlic & Parmesan

Source: Walder Wellness - www.walderwellness.com/roasted-honeynut-squash/

- 2 Honeynut squash
- 1 Tbsp olive oil
- ½ tsp garlic powder
- ½ tsp dried thyme
- ½ tsp dried rosemary
- ¼ cup parmesan, grated
- Salt & pepper to taste

Instructions

Preheat oven to 400F. Using a large chef's knife, slice each squash in half lengthwise. Scoop out the seeds and flesh with a spoon.

Place the squash, face side up, in a baking dish or on a lined baking sheet. Brush the face of each with olive oil.

Sprinkle the garlic powder, thyme and rosemary on each squash, coating evenly. Top with HALF of the grated parmesan, then season generously with salt and pepper.

Bake for approximately 35 minutes, or until squash is lightly browned and tender all the way through. Remove from oven and top with remainder of the parmesan. Serve and enjoy hot.

Roasted Honeynut Squash with Cinnamon and Walnuts

Source: Love & Lemons - www.loveandlemons.com/honeynut-squash

Ingredients

- 3 honeynut squash
- ¼ cup extra-virgin olive oil
- 2 Tbsp apple cider vinegar
- 1 Tbsp maple syrup
- ¼ tsp sea salt, plus more to taste
- ⅛ tsp cinnamon
- Freshly ground black pepper
- 1 Tbsp fresh thyme leaves, plus more for garnish
- Whipped Ricotta
- ¼ cup toasted walnuts, chopped
- Chopped fresh parsley, for garnish



Instructions

Preheat the oven to 450°F and line a baking sheet with parchment paper.

Use a large sharp knife to cut the squash in half lengthwise. Use a spoon to scoop out the seeds.

In a small bowl, whisk together the olive oil, apple cider vinegar, maple syrup, salt, cinnamon, and several grinds of pepper.

Place the squash on the baking sheet. Drizzle with half the oil mixture and sprinkle with the thyme leaves and more salt and pepper. Use your hands to rub the seasonings all over the squash, then place cut side down on the baking sheet.

Bake for 20 to 25 minutes, or until very soft and caramelized underneath.

Spread a layer of the whipped ricotta on a serving platter and arrange the honeynut squash on top. Drizzle with the remaining oil mixture and top with the walnuts. Garnish with thyme, parsley, and red pepper flakes. Season to taste and serve.