

Stuffed Honeynut Squash

Prep Time: 15 min

Cook Time: 30 min

Servings: 4



Honeynut Squash is a winter squash that looks like a small butternut squash. This gem of a squash is a hybrid, a cross between a buttercup and a butternut. The compact size makes it perfect for stuffing. Our recipe combines savory onions and garlic, earthy thyme, bright ginger and Chinese 5 Spice to warmly complement the sweet caramelized flavor of roasted winter squash.

Ingredients

- 2 honeynut squash
- 2 onions, medium
- 2 cloves garlic
- 1 knob of ginger, thumb size
- 2 Tbsp oil
- 1 tsp Chinese 5 Spice*
- 4 sprigs fresh thyme
- salt & pepper, to taste

*pumpkin pie spice, or cinnamon may be substituted.

Steps

1. Preheat oven to 400° and line a baking pan.
2. Wash, trim and peel honeynut squash. Split in half lengthwise and remove seeds.
3. Peel onion, halve and cut into chunky slices. Peel garlic, fine chop. Peel ginger and grate or fine chop. Wash thyme.
4. In a large bowl toss together onions, garlic, ginger, thyme, Chinese 5 Spice and oil. Add honeynut squash halves, season with salt & pepper. Toss again.
5. Remove squash from mix and place face up on lined baking pan. Remove sprigs of thyme from onion mix and set aside.
6. Fill honeynut squash cavity with onion mix, dividing equally among the four. Top with thyme sprigs that were set aside.
7. Cover with foil and bake for 20 minutes. Remove foil, continue baking for 10 minutes until golden brown. Squash and onions will be fork tender when done.
8. Serve hot.