

Mashed Buttercup Squash & Roasted Garlic

Prep Time: 10 min

Cook Time: 60 min

Servings: 6



Warm up your kitchen and your belly with a dish of Mashed Buttercup Squash & Roasted Garlic. This easy to prep dish lets you just turn on your oven and get going. Roasting a winter squash whole makes it super easy to handle and since the oven is on anyway, you can roast garlic too. The sweet and savory combination of ingredients is elevated with butter, cinnamon and half & half. So delicious.

Ingredients

- 2 buttercup squash
- 1 head of garlic
- 2 Tbsp butter or olive oil
- 1/4 cup half & half or stock
- 1 Tbsp cinnamon
- salt & pepper, to taste

Steps

1. Preheat oven to 425°F. Line baking sheet with parchment paper.
2. Wash squash, pat dry. Poke 5-6 holes in each squash with knife or fork, leave whole. Evenly space squash on baking sheet.
3. Cut garlic head in half, exposing cloves. Brush with olive oil and place face down on baking sheet with squash. Begin baking.
4. After 45 minutes carefully remove garlic and set aside. Let cool and use a teaspoon to easily scoop out garlic cloves. Set aside.
5. Continue to bake squash 15-25 minutes until soft and slightly browned. Remove from oven and let cool for 15 minutes. Cut in half and scoop out seeds and discard. Then scoop out the squash and place in a large bowl.
6. Add garlic, butter, half & half, cinnamon, salt & pepper to the squash. Mash until smooth, taste and adjust seasoning. Sprinkle with cinnamon to garnish.
7. Serve warm.