

HASSELBACK BUTTERNUT SQUASH

By Dr. Cindy Tanzar

(Standard Plan, Vegan/Vegetarian & Maintenance)

It's always fun to find a new way to make some of your favorite vegetables. Slicing the squash like you would Hasselback potatoes, allows for the delicious coating to drip down into the squash, providing more flavor in every bite.

Makes 2-3 servings. One serving of this recipe is one cup and covers your vegetable for one meal.



INGREDIENTS

- 1 small butternut squash
- 2 Tbsp butter, melted (can use coconut/avocado oil for vegan)
- 2 cloves garlic, minced
- 2 Tbsp Lakanto maple syrup
- 1/2-1 tsp. crushed red pepper (optional)
- 3-4 sprigs fresh thyme, leaves removed
- Pink Himalayan salt & black pepper, to taste



Variations: Add 1/2-1 tsp. cinnamon or 1/2-1 tsp. cumin and 1 tsp. oregano (omit thyme) for different flavor options

DIRECTIONS

Preheat oven to 400°F. Place parchment paper on a large baking sheet.

Cut the butternut squash in half lengthwise and scoop out the seeds. Using a vegetable peeler, peel off the skin until you see bright orange flesh. Place both halves on the baking pan, cut side down.

In a small bowl, whisk the melted butter, garlic, Lakanto maple syrup, red pepper and thyme. Brush squash with half the mixture and sprinkle with salt and pepper.

Roast for 30 minutes. Remove from oven and allow to cool slightly in order to handle.

Using a sharp knife, make thin slices in the squash, but do not cut all the way through to the bottom.

Brush the rest of the butter mixture over the squash and return to the oven for an additional 20-30 minutes or until golden and tender when pierced with a knife. (All depends on the size of your squash and its thickness.)