

WHIPPED BUTTERNUT SQUASH

By Dr. Cindy Tanzar
(Standard)

There are so many things you can do with butternut squash, but whipping it with butter, cream and spices is just heavenly. One large squash should be enough for 4-6 people, so grab two for some yummy leftovers.

Makes 4-6 servings. One serving equals one cup cooked vegetable and 1 serving of fat per meal.



INGREDIENTS

- 1 Large butternut squash, halved and seeded
- 3-4 tablespoons Kerry Gold butter
- Organic heavy cream
- Pink Himalayan salt and fresh ground pepper, to taste
- Ground cinnamon, to taste or to sprinkle on top



INSTRUCTIONS

Preheat oven to 400°F. Place squash cut side down on an aluminum foil lined baking sheet and roast for 30-40 minutes or until tender when tested with a knife.

Holding with a pot holder, scoop out the flesh into a mixing bowl, add butter and salt and whip with a hand mixer or food processor. Add cream a little at a time while mixing until desired consistency. You can add cinnamon to taste into the mixture, or reserve it to sprinkle on top of the dish in a serving bowl.