



Roasted Butternut Squash with Shallots, Thyme Cranberries and Toasted Hazelnuts

Makes 6-8 servings in ~1 hour

Enjoy this sweet and savory dish featuring the golden goodness of butternut squash. When oven-roasted with shallots and thyme, then tossed with toasted pecans and cranberries, the result is delicious and oh, so nutritious! Just what the doctor ordered for an immune-supportive winter dinner.

Ingredients

- 2 pounds butternut squash (~4 cups), cut into bite-sized cubes (less than 1")
- $\frac{3}{4}$ cup shallots, dice
- 1 tablespoon fresh thyme, leaves pulled from stems or 1 teaspoon dried
- 2 Tbs. extra-virgin olive oil
- 1 tsp. maple syrup (optional)
- 1 tsp. sherry or balsamic vinegar
- 1 cup dried cranberries or tart cherries
- 1 cup hazelnuts or pecans, toasted and chopped
- 1 $\frac{1}{4}$ tsp. sea salt
- $\frac{1}{2}$ tsp. ground black pepper

Preparation

Preheat oven to 400 degrees, using the convection roast setting if available*. In a large bowl, toss the butternut squash with the shallots and thyme, EVOO, and a drizzle of maple syrup, vinegar, salt and pepper. Roll out onto on a parchment-lined cookie sheet and bake for 25 minutes or until the squash is soft and starting to brown. Remove from the oven and toss in the cranberries and toasted pecans and serve immediately. This can be prepped in advance and covered for a day until time to bake and serve.

* If your oven doesn't have a convection roast setting, then set the oven to bake at 425 degrees and turn once while roasting for 35-40 minutes until the squash is soft and starting to brown