
Roasted Butternut Squash with Pomegranate Sauce & Pumpkin Seeds

Description

This is a festive side dish that is great to take as a potluck to a holiday party or enhance a meal at home.

Total time: 1 hr Yield: 4 servings

Ingredients

1 butternut squash (medium, halved & seeded)
2 cup pomegranate juice
1/4 cup dried cranberries
2 to 4 Tbsp raw pumpkin seeds
1 Tbsp olive oil
dash cayenne
1/4 tsp salt
2 Tbsp honey

Prep Time: 10 min Cooking Time: 50 min Total Time: 1 hr

Instructions

Heat oven to 375°. Place butternut squash face down on a baking sheet lined with parchment. Bake for 40 minutes or until you can pierce easily with a knife.

Pour pomegranate juice into a small sauce pan and heat until it starts to boil; reduce heat consistency. Add in dried cranberries and let soften and plump up.

In a small skillet, toast pumpkin seeds in a bit of olive oil, cayenne and salt until they pop. Set aside.

Place baked squash on serving plate and drizzle with the pomegranate & cranberry reduction, honey and pumpkin seeds.

Recipe brought to you by:

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