



STUFFED AND ROASTED BUTTERNUT SQUASH

Makes 2 servings | Serving size: ½ a squash

PREP TIME
10 min

COOK TIME
45 min

TOTAL TIME
55 min

This amazing vegetarian dish is full of flavor and comes out of the oven looking absolutely beautiful. I love using produce in season, so in the fall and winter, I'm all about winter squash.

Ingredients

- 1 medium butternut squash
- 4 teaspoons olive oil, divided
- 1 teaspoon garlic, minced
- ½ red onion, thinly sliced
- 2 cups kale
- 3 tablespoons breadcrumbs
- 1 teaspoon balsamic vinegar
- ¼ cup feta, crumbled
- 2 tablespoons pine nuts



Directions

1. Preheat oven to 400°F.
2. Cut the butternut squash in half, lengthwise. Remove seeds and loose fiber.
3. Take a knife and criss cross the flesh of the squash about 1 centimeter deep.
4. Brush with 2 teaspoons olive oil.
5. Place on a baking sheet, then bake in oven for 35 minutes.
6. Place 2 teaspoons oil in a large skillet with medium-high heat.
7. Add garlic and onion.
8. Cook until onions are transparent—about 5 minutes.
9. Add kale and breadcrumbs, then cook for an additional 3 minutes, or until kale is wilted.
10. Remove from heat, then stir in balsamic vinegar, feta, and pine nuts.
11. Remove the squash from the oven and fill the cavity with the kale mixture.
12. Return back to the oven and cook for 10 minutes or until tender.