

## Butternut Squash Hasselback



### Ingredients

1 whole butternut squash, about 3 lb  
1/2 tsp olive oil  
1/4 tsp salt

#### For glaze:

1 tbsp olive oil  
1 clove garlic  
1 1/2 tbsp maple syrup or brown sugar  
1/4 tsp salt  
1 1/2 tbsp apple cider vinegar

Optional garnishes: cranberries, walnut, parsley

### Preparation

1. Preheat oven to 400° F.
2. Peel the squash and cut in half lengthwise. Use a spoon to scoop out the seeds and pulp in the center and discard.
3. Place the squash on a cutting board, cut side down; use a large knife to make horizontal slices in the squash. The slices should be about 1/8-inch thick. Be careful not to fully slice through the squash; leave about 1/2 inch from the bottom intact so the squash stays together.
4. Prepare a baking sheet or oven-safe dish by lining with parchment or brushing with oil. Move the squash to the baking dish, accordion side up.
5. Brush the squash with the olive oil and sprinkle with salt. Bake the squash 40 minutes.
6. While the squash is in the oven, make the glaze. Heat the olive oil and garlic in a small pan over low heat. Cook for 1 minute.
7. Add the maple syrup, salt, and apple cider vinegar. Bring to a boil and cook for an additional minute.
8. Remove the squash from the oven. Brush the squash with the glaze, taking care to fully coat it and allow some to seep into the slices.
9. Return to the oven and cook another 5 to 10 minutes or until the squash is nicely caramelized.
10. Allow the squash to cool for a few minutes and then move to a serving plate. Garnish with cranberries, walnut, and parsley, if desired.

### Nutritional Analysis per Serving

Serving size: 3/4 cup | Calories: 100 | Total Fat: 1.5 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium : 150 mg | Total Carbohydrates: 22 g | Dietary Fiber: 3 g | Total Sugars: 6 g; Includes 2 g Added Sugars | Vitamin D: 0 µg | Calcium: 85 mg | Iron: 1 mg : Potassium: 809 mg

Recipe courtesy of [Nutrition for Longevity](#)