



# Delicious Honeynut Squash Recipes to Try

## Introduction

Roasted honeynut squash is a delightful dish that showcases the natural sweetness and rich flavor of these petite squashes. This recipe, inspired by the culinary experts at Love and Lemons, is easy to follow and highlights a balance of flavors with the addition of creamy ricotta, crunchy walnuts, and fresh herbs. It's perfect as a side dish or a light main course.

## Detailed Ingredients with measures

3 honeynut squash  
1/4 cup extra-virgin olive oil  
2 tablespoons apple cider vinegar  
1 tablespoon maple syrup  
1/4 teaspoon sea salt, plus more to taste  
1/8 teaspoon cinnamon  
Freshly ground black pepper  
1 tablespoon fresh thyme leaves, plus more for garnish  
Whipped ricotta  
1/4 cup toasted walnuts, chopped  
Chopped fresh parsley, for garnish  
Red pepper flakes, for garnish

## Prep Time

10 minutes

## Cook Time

20 to 25 minutes

## Total Time

30 to 35 minutes

## Yield

Serves 4

Enjoy your delicious Roasted Honeynut Squash!

## Detailed Directions and Instructions

### 1. Preheat the oven

Set your oven to 450°F (232°C) and line a baking sheet with parchment paper.

### 2. Prepare the squash

Wash the honeynut squash and pat them dry. Since their skin is thin and edible, there's no need to peel them. Slice each squash in half lengthwise and use a spoon to scoop out the seeds.

### 3. Make the dressing

In a small bowl, whisk together the olive oil, apple cider vinegar, maple syrup, sea salt, cinnamon, and several grinds of black pepper.

### 4. Season the squash

Place the squash halves on the prepared baking sheet. Drizzle them with half of the dressing and sprinkle with the fresh thyme leaves, additional salt, and pepper. Use your hands to rub the seasonings all over the squash.

See also [Delicious Green Bean Casserole Recipe](#)

### 5. Roast

Position the squash cut side down on the baking sheet. Roast in the preheated oven for 20 to 25 minutes, or until the squash is tender and caramelized underneath.

## 6. Assemble and serve

Spread a layer of whipped ricotta on a serving platter. Arrange the roasted squash halves on top. Drizzle with the remaining dressing and sprinkle with the toasted walnuts. Garnish with additional thyme leaves, chopped fresh parsley, and red pepper flakes. Season to taste and serve.

## Notes

### Storage

Leftover roasted honeynut squash can be stored in an airtight container in the refrigerator for up to 3 days.

### Serving Suggestions

This dish pairs wonderfully with a salad or grain bowl for a complete meal.

### Vegetarian Option

For a vegetarian version, use a plant-based ricotta or leave it off entirely.

### Nut-Free Option

To make the dish nut-free, omit the walnuts or substitute with seeds, such as pumpkin seeds.

### Choosing Squash

Look for firm honeynut squash with no soft spots or blemishes for the best flavor and texture.



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### Cook Techniques

#### **Roasting**

Roasting involves cooking food in an oven using dry heat. This technique enhances the flavors of the ingredients and creates a caramelized exterior, perfect for developing the sweetness of honeynut squash.

#### **Seasoning**

Proper seasoning is essential for elevating the dish. In this recipe, a mixture of olive oil, apple cider vinegar, maple syrup, salt, cinnamon,

and pepper adds depth and complements the natural sweetness of the squash.

### **Whipping**

Whipping ricotta involves using a mixer or whisk to create a light and airy texture. This technique makes the ricotta more spreadable and enhances its creaminess, making it a perfect accompaniment to roasted vegetables.

See also [Easy Sheet Pan Mac and Cheese Recipe](#)

### **Garnishing**

Garnishing adds the finishing touch to a dish. In this recipe, fresh herbs and red pepper flakes not only enhance the visual appeal but also contribute additional layers of flavor.

### **Chopping**

Chopping walnuts finely helps to blend them seamlessly into the dish. Toasting the walnuts prior to adding them enhances their flavor and adds a delightful crunch.

## **FAQ**

### **Can I substitute honeynut squash with another type of squash?**

Yes, you can substitute honeynut squash with butternut squash or acorn squash, though cooking times may vary slightly.

### **Is it necessary to peel the honeynut squash?**

No, the skin of honeynut squash is thin and edible, so there is no need

to peel it before cooking.

**Can I use other nuts instead of walnuts?**

Absolutely! Pecans or pine nuts would also work well in this recipe.

**How can I make this recipe vegan?**

Simply omit the whipped ricotta or use a plant-based ricotta alternative to make the dish vegan-friendly.

**Can leftovers be stored? If so, how?**

Yes, leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in the oven or microwave before serving.

## Conclusion

Roasted Honeynut Squash is not only a visually stunning dish but also a delightful combination of flavors that harmonize beautifully. The sweetness of the squash, enhanced by the maple syrup and spices, paired with the creamy whipped ricotta and crunchy walnuts, makes for a perfect side or a light main course. This recipe is an excellent way to celebrate seasonal produce and offers a nutritious, satisfying option for any meal.

**Honeynut Squash and Quinoa Salad**

Combine roasted honeynut squash with cooked quinoa, dried cranberries, feta cheese, and a lemon-tahini dressing for a hearty salad.

See also [Classic Chicken and Dumpling Soup Recipe](#)

## **Honeynut Squash Soup**

Blend roasted honeynut squash with vegetable broth, coconut milk, and spices like ginger and nutmeg to create a creamy and comforting soup.

## **Stuffed Honeynut Squash**

Stuff the roasted halves with a mixture of wild rice, sautéed kale, cranberries, and nuts for a filling main dish.

## **Honeynut Squash and Chickpea Curry**

Cook chunks of roasted honeynut squash with chickpeas, coconut milk, and curry spices for a flavorful and hearty meal.

## **Honeynut Squash Tacos**

Fill corn tortillas with roasted squash, black beans, avocado, and a cilantro-lime dressing for a delicious vegetarian taco option.

## **Grilled Honeynut Squash Slices**

Slice the roasted squash into wedges and grill them for a smoky flavor, then serve with a yogurt sauce or salsa.

A top-down view of several pieces of baked honeynut squash on a dark, textured surface. The squash is a vibrant orange color, with some pieces showing the hollowed-out center and others showing the solid flesh. They are sprinkled with a dark, granular seasoning, likely honey and nutmeg. A few whole walnuts are scattered around the squash.

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