



Serve this at Thanksgiving, but be sure to get some for yourself before everyone else empties the dish! For a variation, add 3 or 4 chopped dates to the squash mixture.



Candied Butternut Squash

Serves 6-8

- 5 c. butternut squash, peeled and cubed (You may also use frozen cubed butternut squash.)
- 3 Tbs. butter
- 3/4 tsp. cinnamon
- 2-3 Tbs. honey
- 1 Tbs. Tropicana orange juice or Dole 100% natural pineapple juice*
- 1/4 t. salt

Topping:

- 1 Tbs. butter
- 1/4 c. hazelnuts, chopped
- 1/4 c. pecans, chopped
- 1 Tbs. honey

*If you can tolerate organic 100% fruit juice concentrates, an excellent variation would be orange juice or apple juice concentrate for a more intense flavor.

For topping, sauté chopped hazelnuts and pecans in butter until beginning to brown. Add 1 Tbs. of honey and stir to combine. Mixture will bubble up. Turn off heat and set aside.

Place squash in a large saucepan with water and bring to a boil. Allow to simmer until squash is easy to pierce with a knife, but still firm. Drain thoroughly. Mash with a fork.

Melt butter and combine with cinnamon, honey, fruit juice and salt. Pour over squash and mix well with a fork. Place in a serving dish and sprinkle nut mixture over the top. Heat through in a microwave or in the oven.