

Roasted Butternut Squash with Savory Granola



Ingredients

For the granola:

- 1/4 cup Quaker® Oats-Old Fashioned
- 1 tbsp unsalted hulled pumpkin seeds
- 1/2 tbsp unsalted hulled sunflower seeds
- 1/2 tsp fennel seeds
- 1/4 tsp ground cinnamon
- 1/8 tsp ground ginger
- Pinch salt
- 1 tbsp olive oil
- 1 tbsp honey
- 1 tbsp egg white
- 1 tsp fresh thyme leaves

For the squash:

- 1 butternut squash (about 2 lbs)
- 1/2 tbsp olive oil
- 2 tbsp orange juice
- 1 tbsp unsalted butter
- 2 tsp honey
- 1/4 tsp salt

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	1 hr 20 min	1 hr 30 min	4

Made with



Quaker® Oats-Old Fashioned

How to make it

1. To make the granola, preheat the oven to 300°F.
2. In a medium bowl toss together the oats, pumpkin seeds, sunflower seeds, fennel seeds, cinnamon, ginger and salt.
3. In a small bowl whisk together the oil, honey and egg white.

4. Pour the oil mixture over the oat mixture and toss to coat evenly.
5. Spread onto a small baking sheet and bake until it is nicely browned and nearly crisped, about 20 minutes, stirring once or twice as it cooks to ensure even browning.
6. Stir in the thyme and cook for 3 minutes more.
7. Remove from the oven and allow to cool on the baking sheet.
8. Granola will crisp further as it cools.
9. Granola will keep for up to 3 days in an airtight container in the refrigerator.
10. To make the squash, preheat the oven to 350°F.
11. Halve the squash lengthwise, scoop out the seeds, then rub the cut sides with the oil.
12. Place face down into a baking dish and cook until the squash has softened, about 1 hour.
13. Allow to cool until it is easy to handle, then scoop out the flesh and place it into a medium saucepan over a medium-low heat with the orange juice, butter, honey and salt.
14. Mash with a potato masher until well mashed and the ingredients are incorporated.
15. Serve the squash topped with the granola.