

11/18/12 - Butternut Squash With Quince

This is a super simple, healthy, low fat recipe for squash with quince. This recipe is also dairy-free, gluten-free, and vegetarian. The flavor of maple, squash, and quince go together very well. I practiced this on Thursday, and I served it reheated on Friday. This is something easy you can do the day before Thanksgiving or any



Serves 4 to 8

1 Butternut Squash

1 and 1/2 cups water

1/3 cup fresh orange juice

3 tablespoons maple syrup

2 tablespoons brown sugar

sea salt

3 quinces, peeled and cored

1 cup water

1/3 cup orange juice

3 tablespoons maple syrup

3 tablespoons light brown sugar

1/2 cup fresh pomegranate arils

Heat oven to 350° F. Wash and dry squash. Using a large sharp knife and a cutting board slice squash lengthwise into 4 pieces that look like boats. Clean out seeds. Place squash slices in a rectangular baking dish that just fits squash. Pour liquids over squash and sprinkle with brown sugar. Season with a bit of sea salt.

Cube peeled quince. Place quince in a small size rectangular baking dish. Add liquid ingredients. Sprinkle with brown sugar. Place both baking dishes in oven and bake. Squash takes about 40 minutes until it is starting to caramelize and fork soft. After removing squash from oven, turn down the temperature of oven to 325° F and continue to bake quince until it is turning golden and caramelizing.

To serve, place diced quince into cavity of squash, drizzle any liquid from baking dish over top and garnish with pomegranate arils. Serve warm or room







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