

Roasted Butternut Squash and Pears

Makes 6 Servings

Recipe from: Chowhound.com

Ingredients

- 1 ½ tsp kosher salt, sea salt or seasoned salt
- 2 tsp finely chopped fresh rosemary leaves (or 1 tsp dried, crushed rosemary)
- ¼ tsp freshly ground black pepper
- 1 large butternut squash (about 3 ½ pounds) – peeled and cubed into ¾ inch cubes
- 1 Tbsp unsalted butter or ghee (preferably grass fed)
- 1 Tbsp plus 2 tsp extra virgin olive oil
- 1 medium sweet yellow onion – chopped into medium dice
- 2 medium Bosc pears – ripe but firm - (about 1 pound) – cored and cubed into ½ inch cubes

Directions

Cutting the Butternut Squash:

1. Peel the skin from the butternut squash with a vegetable peeler.
2. Trim the top and bottom.
3. Cut the neck from the bulb of the squash.
4. Halve each piece lengthwise and scrape out the seeds from the bulb part.
5. Cut each section into ¾ inch planks then into ¾-inch cubes.

Making the Dish:

1. Heat the oven to 400°F. Line a large sheet pan with parchment paper or foil.
2. Mix the salt, rosemary, and black pepper in a small bowl; set aside.
3. Place squash cubes in a large bowl. Add 1 tablespoon of the extra virgin olive oil to the squash and toss to coat evenly.
4. Spread the squash into a single, even layer on the baking sheet. Sprinkle with half of the reserved salt mixture.
5. Roast in oven until the squash is golden brown on the bottom, about 25 minutes.
6. Using a flat spatula, stir and flip squash cubes and continue roasting until knife tender, about 10 minutes more. While squash is cooking, prepare the onion and pears.
7. Melt the ghee or butter in a large frying pan over medium heat. Add the remaining 2 tsp extra virgin olive oil to the ghee. Heat until shimmering.
8. Add the onion and cook, stirring occasionally, until softened, about 10 minutes.
9. Add the pears and remaining half of the salt mixture and cook, stirring occasionally, until the pears are knife tender, about 5 to 6 minutes more.
10. Remove the pan from the heat. When the squash is ready, add it to the pan with the onions and pears, and toss gently to combine. Serve.