

Roasted Butternut Squash Cups with Apple Slaw - Erin French

Ingredients

- 1 small butternut squash (about 2½ pounds), cut into 4 wedges and seeded
- ½ cup olive oil
- Salt and pepper
- 1 teaspoon grated nutmeg
- 4 tablespoons (½ stick) unsalted butter
- 1 small shallot, finely diced
- 2 tablespoons seasoned rice wine vinegar
- 2 crisp apples
- 1 tablespoon maple syrup
- 1 tablespoon fresh thyme leaves
- 1 small handful of arugula

Preparation

Preheat the oven to 425°F.

Brush the squash flesh with ¼ cup of the olive oil and season each piece with 1 teaspoon salt, a few twists of black pepper, and ¼ teaspoon nutmeg. Top each with a tablespoon of butter, wrap individually in foil, and bake until the squash is fork-tender, 25 to 30 minutes.

Combine the shallot and rice wine vinegar in a small bowl and allow to macerate as you make the apple slaw.

Slice the apples into matchsticks using the matchstick blade on a mandoline or a knife. Toss the apple with the shallots and vinegar along with the maple syrup, remaining ¼ cup olive oil, and the thyme. Taste and season with salt and pepper.

To serve, put a small bed of arugula in the valley of each warm squash wedge and top with a handful of apple slaw.

Sources: <https://cherrybombe.com/blogs/recipes/erin-french-squash-cups-apple-slaw>