

Melting Butternut Squash with Maple Butter

This melting butternut squash is caramelized on the outside and buttery-soft on the inside. The natural sweetness of the squash intensifies as it bakes, creating a melt-in-your-mouth texture that's enhanced with sweet maple butter flavor. This simple yet elegant side dish is perfect for fall and pairs beautifully with roasted meats or grain bowls.

By **Megan Ginsberg** | Published on September 11, 2025

 Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Active Time: 15 mins

Total Time: 50 mins

Servings: 4

Nutrition Profile:

Anti-Inflammatory Sesame-Free Nut-Free Healthy Immunity Soy-Free High-Fiber Vegetarian Egg-Free
Gluten-Free

Ingredients

- 1 small butternut squash (2½ pounds)
- 3 tablespoons unsalted butter, melted
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ⅓ cup lower-sodium vegetable broth
- 1½ tablespoons pure maple syrup
- 1 tablespoon white-wine vinegar
- 1 teaspoon Dijon mustard
- Fresh thyme leaves for garnish (optional)

Directions

Step 1

Preheat oven to 500°F with rack in upper third position. Using a vegetable peeler, peel skin from 1 squash and discard. Slice the neck of the squash into 1-inch-thick rounds. Slice the bulb in half lengthwise; remove and discard seeds. Slice each half into 1-inch-thick half-moons. Combine the squash, the melted butter, 1 tablespoon oil, ½ teaspoon salt and ½ teaspoon pepper in a large bowl; toss to coat. Arrange in a single layer in a 9-by-13-inch metal baking pan. (Don't use a glass pan, which could shatter.) Roast, flipping once, until browned around the edges and almost tender, about 25 minutes.

Step 2

Meanwhile, whisk $\frac{1}{3}$ cup broth, $1\frac{1}{2}$ tablespoons maple syrup, 1 tablespoon vinegar and 1 teaspoon mustard together in a glass measuring cup. Carefully add the broth mixture to the pan. Continue roasting until most of the liquid has been absorbed and the squash is very tender, about 8 minutes more. Transfer the squash to a serving platter. Spoon the remaining pan liquid over the squash. Garnish with thyme, if desired.

Frequently Asked Questions

Can I substitute the maple butter with something else?

You can use plain melted butter or swap the maple syrup for honey for a similar sweet, buttery finish.

Can I use a different kind of squash?

Yes! Acorn squash or delicata squash would make a nice substitute.

What can I serve with this roasted squash?

This dish pairs beautifully with roasted meats, or it can be used as part of a grain bowl. It also makes an excellent addition to the holiday table.

Recipe developed by Marianne Williams

EatingWell.com, September 2025

Nutrition Facts

Per serving: **Serving Size 2 pieces** 256 calories; total fat 12g; saturated fat 6g; cholesterol 23mg; sodium 324mg; total carbohydrate 39g; dietary fiber 6g; total sugars 11g; added sugars 5g; protein 3g; vitamin c 60mg; calcium 150mg; iron 2mg; potassium 1031mg

Additional reporting by Alex Loh and Hilary Meyer

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