

Twice Baked Butternut Squash

Prep time: 10 minutes for squash and 10 minutes for filling Cook time: 55 minutes

6 servings

Ingredients

- 1 medium-sized butternut squash cut in half lengthwise with seeds removed
- 3/4 cup plain Greek yogurt
- 3/4 cup grated Parmesan cheese, divided
- 1 Tablespoon olive oil
- 1 small onion chopped
- 2 cloves minced garlic
- Sea salt and freshly ground black pepper, to taste

Preparation Steps

1. Preheat Oven to 425°F and grease a baking dish with olive oil
2. Place the squash halves cut side up in a greased baking dish. Drizzle with oil and season with salt and pepper
3. Roast for 35–45 minutes until fork-tender. While squash is roasting, sauté onion and garlic in olive oil until tender and fragrant. Set aside to cool
4. Once squash is fork tender, remove from oven and cool slightly. Carefully scoop out most of the flesh into a bowl, leaving a 1/4-inch border.
5. Mix with Greek yogurt, 1/2 cup Parmesan, onion and garlic, adding salt, and pepper to taste. Mixture should be creamy
6. Spoon the mixture back into the squash shells, sprinkle with remaining Parmesan, bake for 10 minutes, then broil until golden brown this should only take a few minutes