

Citrusy Mashed Squash with Toasted Pecans

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Servings: 8

3 pounds butternut squash, peeled, seeded and cut into chunks
2 tablespoons butter
1/3 cup sour cream or 1/2 cup mascarpone cheese
1/4 cup maple syrup
2 teaspoons orange peel, finely shredded
2 teaspoons lemon peel, finely shredded
3/4 tablespoon salt
1/4 teaspoon ground black pepper
2 tablespoons snipped fresh sage
1/2 cup pecan halves, toasted and coarsely chopped
sliced green onions and/or fresh sage leaves and finely shredded orange and lemon peel (for garnish)

Preparation Time: 36 minutes

In a five- or six-quart Dutch oven, cook the squash in lightly salted boiling water, covered, for 16 to 17 minutes or until tender when pierced with a fork. Drain.

Meanwhile, melt the butter in a heavy skillet over medium heat, whisking constantly until golden brown, 5 to 6 minutes.

Transfer half of the squash to a food processor. Add the butter, sour cream, maple syrup, orange and lemon peels, salt and pepper. Cover and process until smooth.

Place the remaining squash in a bowl. Add the pureed mixture. Mash slightly. Stir in the fresh sage.

Top with pecans, green onions and/or sage leaves, and citrus peel.

Per Serving (excluding unknown items): 161 Calories; 8g Fat (38.9% calories from fat); 2g Protein; 25g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 636mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.