

Skillet Butternut Squash

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 35 minutes

Step 1: Preparing the butternut squash

Cut the squash in half lengthwise. Using a large spoon remove the seeds. Cut the neck from the bulb and then peel. Cut the flesh into 2-inch pieces.

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- ½ butternut squash, about 1 pound

Step 2: Cooking the squash

- ½ cup water
- ⅓ cup chopped onion
- 1 ½ tablespoons honey
- Kosher salt
- 1 ½ tablespoons unsalted butter
- 1 tablespoon balsamic vinegar

Place the squash in a large skillet, add the water, onion, honey, salt, butter, and vinegar, and set over high heat. Cover and cook until beginning to soften (there will be a little resistance when pierced with a knife), about 6 minutes.

Step 3: Glazing the squash

- ½ cup toasted pumpkin seed

Remove the lid and continue cooking until the liquid has evaporated, the squash is tender and the honey is beginning to caramelize in the bottom of the pan. Add the pumpkin seeds and toss or stir so that all of the juices coat the squash.

Step 4: Serving

Transfer to a serving dish and sprinkle with the parsley. Serve immediately.