

ROASTED BUTTERNUT SQUASH WITH POMEGRANATE SEEDS

COOK TIME: 40 MINS

SERVINGS: 4

WINE PAIRING: 2025 ROSÉ OF CAB FRANC



Ingredients:

- 1 medium butternut squash, peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons olive oil
- 1 tablespoon maple syrup or honey
- ½ teaspoon ground cinnamon
- ½ teaspoon smoked paprika (optional for depth)
- Salt and black pepper, to taste
- ½ cup pomegranate seeds
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons crumbled feta cheese (optional but adds a nice tang)
- 1 teaspoon lemon zest or a light drizzle of lemon juice (optional for brightness)

Instructions:

1. Preheat the Oven: Set your oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly oil it to prevent sticking.
2. Prepare the Squash: In a large bowl, toss the butternut squash cubes with olive oil, maple syrup, cinnamon, smoked paprika, salt, and pepper until evenly coated.
3. Roast to Perfection: Spread the seasoned squash cubes on the baking sheet in a single layer. Roast for 30–35 minutes, flipping halfway through, until the squash is tender and golden brown around the edges.
4. Add the Finishing Touches: Once roasted, transfer the squash to a serving dish. Sprinkle with pomegranate seeds, chopped parsley, and crumbled feta cheese. Add a touch of lemon zest or juice if desired for a fresh contrast.
5. Serve Warm or at Room Temperature: This dish tastes delicious served warm, but it's also wonderful at room temperature, making it great for gatherings.