



**Makes 4 cups**  
**Preparation Time: 15 minutes**  
**Cook Time: 40 minutes**

#### INGREDIENTS:

1½ teaspoon orange zest

½ cup orange juice

1½ tablespoons pure maple syrup

1½ lb. butternut squash, peeled and cut into bite-size pieces (about 6 cups)

3 cloves garlic, minced

½ teaspoon ground allspice

## Butternut Squash with Orange Glaze

Not sure what to do with that extra butternut squash lying around? We've got you covered: Chop it into cubes, coat it in a tasty orange glaze, and then roast it to tender perfection. The citrusy marinade features [garlic](#) and [allspice](#) to bring some savory balance to the zesty fruit, while a dash of [maple syrup](#) complements the squash's natural sweetness. Serve this as a side dish during the winter months when you're craving something warm, bright, and nourishing. This butternut squash recipe would also be great to incorporate into [grain bowls](#) to add a yummy root veggie component!

For more inspiration, check out these tasty ideas:

- [Curried Butternut Squash and Cauliflower Stew](#)
- [Butternut-Bulgur Chili](#)
- [Butternut Squash Steak Supper](#)
- Or take a look at our full [collection of butternut squash recipes](#)

By Ellen Boeke

- 1 Preheat oven to 400°F. Line a rimmed baking sheet with foil or parchment paper.
- 2 In a large bowl stir together orange juice and zest, maple syrup, garlic, and allspice. Add squash; toss to coat. Spread evenly in prepared pan. Season with pepper. Cover loosely with foil and roast 30 minutes.
- 3 Uncover and roast 10 to 15 minutes more or until tender, stirring once or twice.