

Butternut Squash Bites



Transform butternut squash into delectable stuffed bites—perfect for a light meal or an elegant appetizer. The sweetness of roasted squash pairs beautifully with pesto, melted cheese, and ham for a comforting and savoury combination.

Preparation 10 min

Cooking 30 min

Servings 4

Nutrition Facts (per serving)

Calories 210

Fat 7

Carbohydrates 27

Fibre 3

Protein 10

Sodium 350

Ingredients

- 1 butternut squash, neck portion only, sliced into 1 cm (½ inch) rounds
- Cooking spray
- Salt and pepper, to taste
- 15 ml (1 tbsp) pesto
- 3–4 mushrooms, finely chopped

- 125 ml (½ cup) shredded light cheddar cheese
- 3 slices of nitrite-free ham, coarsely chopped

Optional toppings

- Arugula
- Chopped nuts
- Drizzle of honey

Preparation

1. Preheat the oven to 350 °F (180 °C). Line a baking sheet with parchment paper.
2. Arrange the squash rounds on the baking sheet. Lightly spray with cooking oil and season with salt and pepper.
3. Bake for about 25 minutes, or until the squash is tender.
4. Remove the baking sheet from the oven. Top each squash round with pesto, mushrooms, ham, and cheese.
5. Set the oven to broil and return the bites to the oven for 4–5 minutes, or until the cheese is golden and bubbly.
6. Serve warm, garnished with arugula, chopped nuts, and a drizzle of honey if desired.

Notes

Store in an airtight container in the refrigerator for up to 3 days.

Use the remaining squash to make creamy soup or roast it alongside other vegetables for a delicious side dish.



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