

Honey Roasted Butternut Squash Stuffed with Chicken: A Sweet & Savory Delight

Prepare your taste buds for a truly sensational meal that perfectly balances the



OVEN
400°F

TIME
30-40 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

1 medium sized butternut squash
2 boneless skinless chicken breasts
2 tablespoons olive oil
1 teaspoon ground cinnamon
1 teaspoon garlic powder
Salt and pepper to taste
1 tablespoon honey
Fresh thyme (optional for garnish)

Swaps and Notes:

Butternut Squash: If you can't find butternut squash, acorn squash or even delicata squash could work as alternatives, though cooking times might vary slightly.

Chicken Breasts: Feel free to use boneless, skinless chicken thighs for an even juicier result. You could also shred leftover rotisserie chicken for an even quicker assembly.

Seasonings: Adjust the cinnamon and garlic powder to your liking. A pinch of nutmeg could also enhance the flavor of the squash. For the chicken, a touch of paprika or onion powder would be a nice addition.

Honey: Maple syrup is an excellent alternative if you prefer, offering a similar sweet and earthy note.

Fresh Thyme: While optional, fresh thyme truly elevates the dish with its aromatic warmth. Fresh rosemary or sage would also be lovely.

DIRECTIONS

1. Let's get this delicious meal cooking! Here's how to prepare your Honey Roasted Butternut Squash Stuffed with Chicken:
2. **Roast the : Butternut Squash:** Preheat your oven to 400°F (200°C). Carefully slice the butternut squash in half lengthwise. A sharp, sturdy knife is key here. Once halved, use a spoon to scoop out all the seeds and stringy bits from the center. Drizzle the cut sides of the squash generously with olive oil and sprinkle with ground cinnamon, garlic powder, salt, and pepper. Place the squash halves cut side down on a baking sheet. Roast for 30-40 minutes, or until the flesh is fork-tender. The exact time will depend on the size of your squash.
3. **Cook the : Chicken:** While the squash is roasting, heat about a tablespoon of olive oil in a skillet over medium heat. Season your chicken breasts with salt, pepper, and a pinch of cinnamon. Place the chicken in the hot skillet and cook for about 6-7 minutes on each side, or until they reach an internal temperature of 165°F (75°C) and are golden brown. Once cooked, remove the chicken from the pan and let them rest on a cutting board for a few minutes. This helps keep them juicy. Once rested, shred the chicken using two forks or chop it into small pieces.
4. **Prepare the : Stuffed Squash:** When the roasted squash is ready, carefully remove it from the oven. Using a spoon, scoop out a bit of the cooked squash flesh from the center of each half, creating a deeper, cozy space for the chicken. Be careful not to scoop too much, leaving a good border around the edges. Fill each squash half generously with the shredded chicken. Now,

for the magic touch: drizzle each stuffed squash half generously with honey. If you're feeling fancy and have some on hand, sprinkle a few fresh thyme leaves on top for an extra touch of aroma and flavor.

5. Final : Bake: Pop the stuffed squash back into the oven for an additional 10-15 minutes. This crucial step helps all those delicious flavors meld together, and the honey will slightly caramelize.
6. Serve: Carefully remove the gorgeous stuffed squash from the oven. Serve immediately as a stunning main course.
7. Enjoy the wonderful balance of flavors in this delightful dish!

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Seasonings: Adjust the cinnamon and garlic powder to your liking.

TIPS FOR SUCCESS

Sharp Knife for Squash: Butternut squash can be tough to cut.

Make sure you have a sharp knife and a stable surface.

You can microwave the whole squash for a minute or two before cutting to slightly soften the skin.

Don't Overcook Chicken: Overcooked chicken can be dry.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/honey-roasted-butternut-squash-stuffed-with-chicken-a-sweet-savory-delight/>