

Maple Roasted Butternut Squash with Goat Cheese and Fig Glaze

Few side dishes capture the balance of sweet, savory, and creamy flavors quite like

OVEN
400°F

TIME
30 min

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INGREDIENTS

1 medium butternut squash (about 2 lbs), peeled, seeded, and cut into 1-inch cubes
2 tablespoons olive oil
2 tablespoons pure maple syrup
Salt and freshly ground black pepper, to taste
3 oz goat cheese, crumbled
2 tablespoons fig glaze or fig balsamic reduction
2 tablespoons toasted pumpkin seeds (optional)
Fresh thyme leaves for garnish

DIRECTIONS

1. Preheat the oven. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Season the squash. In a large bowl, toss the butternut squash cubes with olive oil, maple syrup, salt, and freshly ground black pepper until evenly coated.
3. Arrange on the baking sheet. Spread the squash in a single layer to ensure even roasting and caramelization.
4. Roast the squash. Bake for 25-30 minutes, flipping halfway through, until the squash becomes golden brown and tender.
5. Add toppings. Transfer the roasted squash to a serving platter and sprinkle with crumbled goat cheese.
6. Finish with glaze and garnish. Drizzle fig glaze over the top and garnish with toasted pumpkin seeds and fresh thyme.

SWAPS & NOTES

Butternut Squash Alternatives You can substitute acorn squash, delicata squash, or even sweet potatoes if butternut squash isn't available.

Goat Cheese Substitute If you prefer a milder flavor, try feta cheese or ricotta salata.

Fig Glaze Options Fig balsamic reduction works beautifully here, but balsamic glaze or honey can also provide a similar sweet finish.

Add Extra Texture Toasted walnuts, pecans, or almonds make great additions if pumpkin seeds aren't available.

TIPS FOR SUCCESS

Cut squash evenly Uniform cubes ensure even cooking and consistent caramelization.

Don't overcrowd the pan Give the squash enough space so it roasts instead of steaming.

Add cheese at the end Sprinkle goat cheese after roasting so it softens slightly without melting completely.

Use real maple syrup Pure maple syrup adds deeper flavor than artificial pancake syrup.

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

Original recipe: <https://chefmaniac.com/maple-roasted-butternut-squash-with-goat-cheese-and-fig-glaze/>