

Maple Roasted Butternut Squash with Goat Cheese: The Ultimate Fall Side Dish

Maple Roasted Butternut Squash with Goat Cheese and Fig Glaze



OVEN
400°F

TIME
25 to 30 min

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Recipe Card

SAVE
PDF

INGREDIENTS

Butternut Squash: 1 medium (about 2 lbs), peeled, seeded, and cut into 1-inch cubes.

Olive Oil: 2 tablespoons.

Pure Maple Syrup: 2 tablespoons (Grade A Amber provides the best flavor).

Salt & Freshly Ground Black Pepper: To taste.

Goat Cheese: 3 oz, crumbled.

Fig Glaze: 2 tablespoons (You can also use a fig-infused balsamic reduction).

Pumpkin Seeds (Pepitas): 2 tablespoons, toasted.

Fresh Thyme: 2-3 sprigs, leaves stripped for garnish.

Swaps and Notes:

The Squash: If butternut isn't available, acorn squash or even sweet potatoes work beautifully. Just note that sweet potatoes may cook slightly faster.

The Cheese: If goat cheese is too tangy for your palate, a creamy feta or even dollops of ricotta can work. For a vegan version, use a cashew-based "cheese" crumble.

The Glaze: If you can't find fig glaze, a high-quality balsamic glaze or even a drizzle of honey mixed with a pinch of cinnamon is a great substitute.

Holiday Pairings: This is the perfect companion for a seasonal feast alongside my Pecan Pie Bars.

Step-by-Step Instructions:

1. Prep and Preheat:
2. Season the Squash:
3. Arrange for Success:
4. The Roast:
5. Assemble and Top:
6. The Final Drizzle:

Tips for Success:

Even Cuts: Try to keep your squash cubes as close to 1 inch as possible. Uniformity leads to even cooking-nobody wants a tray of half-burnt and half-raw squash.

Real Maple Syrup: Avoid the "pancake syrup" found in the plastic squeeze bottles. Those are mostly corn syrup. For a premium flavor, you need the real, woodsy depth of pure maple syrup.

Wait for the Cheese: If you add the goat cheese while the squash is still in the oven, it will lose its texture. Adding it at the very end maintains those beautiful, creamy white crumbles.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 210 kcal

Total Fat: 11g

Saturated Fat: 4g

Carbohydrates: 26g

Sugar: 12g

Protein: 5g

Fiber: 4g

Storage and Leftover Tips:

Fridge: Store leftovers in an airtight container for up to 4 days.

DIRECTIONS

1. **Prep and Preheat:** Preheat your oven to 400°F (200°C). Line a large rimmed baking sheet with parchment paper. This prevents the maple syrup from sticking and making a mess during the caramelization process.
2. **Season the Squash:** In a large mixing bowl, toss the butternut squash cubes with the olive oil, maple syrup, salt, and pepper. Use your hands or a large spoon to ensure every single cube is evenly coated. This ensures that every bite has that sweet, caramelized edge.
3. **Arrange for Success:** Spread the squash cubes in a single layer on the baking sheet. This is crucial-if the pan is overcrowded, the squash will steam rather than roast, and you'll miss out on those delicious browned bits.
4. **The Roast:** Place the tray in the oven and roast for 25 to 30 minutes. I recommend flipping the cubes halfway through the cook time to ensure they are golden brown on all sides. You'll know they are done when they are fork-tender and slightly translucent.
5. **Assemble and Top:** Transfer the warm squash to a serving platter. While it's still hot, sprinkle the crumbled goat cheese over the top. The heat from the squash will soften the cheese without melting it into a liquid.
6. **The Final Drizzle:** Generously drizzle the fig glaze over the entire dish. Garnish with the toasted pumpkin seeds and fresh thyme leaves. Serve immediately.
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10. **Serving Suggestions and Pairings:** This dish is a fantastic accompaniment to roasted poultry or pork. If you're building a full fall-inspired menu, consider serving it alongside my Easy Pumpkin Spice Muffins for brunch or as a precursor to a Pumpkin Delight Dessert.
11. **For a drink pairing, a crisp :** Hard Cider or a buttery Chardonnay complements the sweetness of the maple and fig perfectly. For a non-alcoholic option, a spiced apple sparkling water provides a nice acidic cut to the creamy cheese.
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19. **Storage and Leftover Tips:** Fridge: Store leftovers in an airtight container for up to 4 days.
20. **The "Salad" Hack:** Cold leftover roasted squash is an incredible addition to a spinach or kale salad the next day.
21. **Reheating:** Reheat in the oven at 350°F for 10 minutes to maintain the texture. Microwaving is faster but may make the squash a bit soft.
22. **More Recipes You Will Love:** If you're leaning into the seasonal spirit, you'll love these other favorites from chefmaniac.com:
23. **Baked :** Brie Appetizer - The ultimate crowd-pleaser.
24. **Pecan :** Pie Bars - A holiday dessert staple.
25. **Caramel :** Apple Pie Cookies - Fall flavors in a bite-sized treat.

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