

# Honeynut Squash

Honeynut squash is a type of winter squash. It has a rich and nutty flavor. Smaller and healthier than the butternut squash, honeynut squash is a fun alternative to try!

## SIMILAR TO

While it is smaller, honeynut squash is closely related to butternut squash. It is also similar to sweet potato or pumpkin.

## HOW TO USE

The best way to enjoy honeynut squash is to roast it in the oven or stovetop. It can be stuffed with other vegetables or eaten as a soup.

Honeynut squash skin does not need to be peeled off, but after cutting it in half, the seeds need to be scooped out. It can be stored for many months, but should be eaten as soon as wrinkles appear.

Image Credit: Treehugger



Image Credit: Laura Vavala

## A RECIPE TO TRY:

### Roasted Honeynut Squash Cubes

*from deliciouslittlebites.com*

Takes 30 minutes. Serves 4.

#### INGREDIENTS

2 honeynut squash, cut into 1/2-Inch cubes 1

tablespoon cooking oil

Salt (to taste)

Pepper (to taste)

1. Preheat the oven to 475°F.
2. Put aluminum foil on a baking sheet. Spread honeynut squash cubes onto the baking sheet and drizzle cooking oil onto it.
3. Season with salt and pepper.
4. Roast the honeynut squash for 7-10 minutes. Remove the baking sheet from the oven and move around the cubes. Roast the cubes for another 7-10 minutes.