

# Hasselback Butternut Squash with Harissa

8 ingredients · 1 hour · 4 servings



## Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Rub half the oil over the squash halves and season with salt and pepper. Place the squash halves on the baking sheet, cut side down, and roast for 15 minutes to soften.
3. Remove the squash and allow to cool somewhat. Place two chopsticks (or wooden spoons) on both sides of the squash lengthwise. Using a sharp knife, thinly slice the squash until it reaches the chopstick (this prevents the knife from going all the way through). Repeat with remaining squash.
4. In a small bowl, stir together the harissa paste, honey, and remaining oil. Brush half of the mixture on the squash and place back in the oven for 20 minutes. Remove the squash, brush with the remaining harissa mixture and bake for another 16 to 20 minutes, until cooked through.
5. Place the squash on a large platter and garnish with pumpkin seeds, feta cheese, and mint. Enjoy!

## Notes

### Leftovers

Store in an airtight container in the fridge for up to three days.

### Serving Size

One serving is half of a small butternut squash or 3/4 cup.

### Butternut Squash

One small butternut squash is approximately 1 1/2 cups.

### Dairy-Free

Omit the feta cheese, or use a vegan feta cheese.

### Make it Vegan

Use maple syrup instead and omit the feta.

## Ingredients

- 3 cups** Butternut Squash (peeled and sliced lengthwise, seeds removed)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps** Harissa
- 1 tbsp** Honey
- 1/4 cup** Pumpkin Seeds (toasted)
- 1/4 cup** Feta Cheese (crumbled)
- 3 tbsps** Mint Leaves (torn)