

## Savory Living Recipe - Maple Smashed Squash

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3 pounds peeled butternut squash (cubed)

2 Tbsp olive oil

½ teaspoon salt

Cayenne pepper (add to taste)

2 Tbsp maple syrup (add more to taste)

Black pepper to taste

Lemon juice to taste

Thyme

### Preparation

- Peel squash, cut in half, scrape out seeds.
- Cut squash into cubes. Steam for 10-15 minutes until tender.
- Drain and return to pot. Mash with oil, salt and maple syrup, thyme, black pepper and a touch of cayenne (taste to get it to the flavor you like)
- Consistency tip – if you like it smooth and creamy – use a hand mixer; I prefer it chunky – so I mash by hand
- Texture tip – add crushed pistachios on top or toasted pumpkin (pepita) seeds for crunch

### Practice - balancing flavors

Sourness

Saltiness

Sweetness

Bitterness