

Gorgonzola Stuffed Honey Nut Squash

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When honey nut squash starts showing up at the market, I know fall has truly arrived. Smaller and sweeter than butternut squash, honey nut has a rich, caramel-like flavor and silky texture that makes it perfect for roasting. I love pairing it with creamy gorgonzola, toasted walnuts, and the earthy aroma of sage and rosemary. When roasted together, these simple ingredients turn into a rich and comforting dish that's both rustic and refined – an easy yet impressive recipe for a cozy dinner, elegant side, or even a holiday table centerpiece.

Things to know about this Gorgonzola Stuffed Honey Nut Squash

- **Honey nut squash** is a hybrid of butternut and buttercup squash – it's smaller, naturally sweeter, and has a deeper, more concentrated flavor.
- You can roast it cut side down for softer, caramelized edges or cut side up for a slightly firmer texture.
- Gorgonzola **dolce** (sweet) gives a milder, creamier flavor, while **piccante** adds more tang and sharpness.
- This dish can be prepared ahead – simply roast the squash, then stuff and reheat before serving.

Variations

1. **Pear and Walnut Twist** – Add thinly sliced pear or apple to the filling before baking for a sweet contrast to the gorgonzola.
2. **Pancetta Crunch** – Sprinkle crisped pancetta or prosciutto bits over the top for a savory, Italian touch.
3. **Herbed Ricotta Swap** – Replace gorgonzola with a mixture of ricotta, Parmesan, and chopped herbs for a milder, creamy alternative.

Love cozy fall flavors? Try my Roasted Butternut Squash Gnocchi or my roasted butternut squash soup next – both bring that same rich, comforting sweetness of the season to your table.



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Serves: 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Ingredients

- 2 honey nut squash, halved lengthwise and seeded

- 3 tablespoons olive oil, divided
- Salt and freshly ground black pepper, to taste
- $\frac{1}{2}$ cup crumbled gorgonzola cheese
- $\frac{1}{4}$ cup chopped walnuts, toasted
- 1 tablespoon fresh sage, finely chopped
- 1 tbsp. fresh rosemary, finely chopped
- Optional: drizzle of honey for serving
- 2 honey nut squash, halved lengthwise and seeded
- 2 Tbsp. sugar
- 1 Teaspoon cinnamon
- 3 tablespoons olive oil, divided
- Salt and freshly ground black pepper, to taste
- 1 cup crumbled gorgonzola cheese
- 1 cup chopped walnuts, toasted
- 1 tablespoon fresh sage, finely chopped
- 1 teaspoon fresh rosemary, finely chopped
- Optional: drizzle of honey for serving

Instructions

1. **Preheat the oven** to 400°F (200°C). Line a baking sheet with parchment paper.
2. **Prepare the squash:** Brush the cut sides with 2 tablespoons olive oil and season with, sugar, cinnamon, salt and pepper. Place cut side down on the baking sheet.

3. **Roast** for 25–30 minutes, or until tender and lightly caramelized.
4. **Prepare the filling:** Toast the walnuts in a dry skillet over medium heat for 2–3 minutes until fragrant. Crumble the gorgonzola and chop the herbs.
5. **Assemble:** Flip the roasted squash halves cut side up. Fill the centers with gorgonzola and toasted walnuts, then sprinkle the sage and rosemary over the top.
6. **Return to the oven** for 5–7 minutes, just until the cheese melts and the herbs crisp slightly.
7. **Finish and serve:** Drizzle with the remaining olive oil (and a touch of honey if you like a sweet-salty balance). Serve warm.
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10. And so on