



Delicious autumn dish

Timing

Prep time	Total time	Skill level
20 minutes	110 minutes	Easy

What You'll Need

Butternut Squash

- > 1 butternut squash

Filling

- > 1 tbsp butter or coconut oil
- > 1/2 cup chopped onions
- > 1 clove garlic, chopped
- > 2 eggs
- > 1/2 cup whole milk or coconut milk
- > 90 g or 3 oz Gruyere cheese, grated
- > 1 tsp ground sage
- > 1 1/2 cups chopped broccoli (cut into small pieces)

- > 14 Red Sun Farms Sweetpops or Cherry Tomatoes, cut in half
- > sea salt and black pepper to taste
- > Butter or coconut oil to grease the pan

Directions

1. Preheat the oven to 400°
2. Cut the butternut squash in half, lengthwise. Place the squash, cut side facing down, on a baking sheet lined with parchment paper. Bake for 35-45 minutes or until squash is soft.
3. Remove from the oven. Scrape out the seeds. Let cool.
4. While the squash is baking, place a small saucepan on the stove at medium-high heat. Add the butter, onions and garlic. Saute for 3-4 minutes, stirring frequently, until the onions are translucent. Set aside.
5. Put the eggs, milk, cheese and sage together in a bowl. Mix well.
6. Scrape the squash out of its shell (should be about 2 cups) and place in the bowl. Mash it with the milk-cheese mixture until smooth.
7. Add the broccoli and tomatoes and mix.
8. Season with sea salt and pepper.
9. Lower the temperature of the oven to 375° Grease a baking dish with butter or coconut oil. Add the squash mixture and cover with a lid. Put in the oven and bake for 35-40 minutes or until the gratin is set or no longer wet. Remove from the oven and serve.