

Food Babe's Butternut Squash Panini



| Prep Time: | Cook Time: | Total Time: | Serves: |
|------------|------------|-------------|---------|
| 10 mins | 25 mins | 35 mins | 4 |

<https://foodbabe.com/butternut-squash-panini>

Ingredients:

- 1 medium butternut squash, peeled and diced
- 3 tablespoons coconut oil
- 1 tablespoon extra virgin olive oil
- 1 pinch red pepper flakes
- 1 pinch sea salt
- 1 pinch black pepper, to taste
- ½ yellow onion, sliced
- 2 tablespoons apple cider vinegar
- 2 tablespoons raw honey (get local if possible)
- 8 slices sprouted grain bread
- ½ cup goat cheese
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh mint, chopped
- 1 ½ cups arugula

Instructions:

1. Heat the oven to 425° F.
2. Toss the squash with 3 tablespoons of coconut oil, red pepper flakes and a touch of salt. Place on a baking sheet and bake for 15-20 minutes.
3. While the squash is baking, heat olive oil in a saute pan over low/medium heat. Add the onions and cook until soft, 7-9 minutes. Add the vinegar and maple syrup or honey and cook until thickened.
4. Combine the squash and onions in a bowl and mash to combine. In a separate bowl, mix together the goat cheese, parsley and mint.
5. Take each slice of bread and spread with some of the herbed goat cheese. Top with the arugula, squash mix and remaining slice of bread and place in a heated skillet with a small amount of olive oil or a panini press to toast each side and melt the cheese. Enjoy!

Notes:

- Feel free to use a sprouted grain or sourdough bread instead if desired.
- Please use all organic ingredients if possible