

# Butternut Squash Puree with Pecans

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

3 medium butternut squash  
1–2 tbsp butter (to grease the dish)  
3 eggs, lightly beaten  
1/4 tsp nutmeg  
salt and pepper to taste  
2 tbsp butter, melted  
3/4 cup raw pecans, chopped

Preheat oven to 350°F. Cut squash in half; remove and discard seeds. Place squash, cut side down, in a buttered ovenproof baking dish with about 1/2 inch of water. Bake about 1 hour, until tender when pricked with a fork. After squash is cooked, scoop out flesh into a food processor and blend until smooth. Add eggs and nutmeg, and season to taste with salt. Transfer puree to an ovenproof serving dish. Pour the melted butter over the puree and sprinkle on pecans. Bake for about 30 minutes.