



### **Butternut Squash Baked Egg Rings**

*Tender caramelized rings of squash filled with delicious baked eggs*

Large butternut squash  
Extra virgin olive oil or olive oil spray  
Kosher salt  
Freshly ground white pepper  
10 large eggs or as needed  
freshly grated Parmesan cheese, as desired  
Fresh cilantro leaves for garnish

**Before Starting:** Preheat oven to 425 degrees F. Line one or two rimmed baking pan with parchment paper. Place oven rack in center of oven.

#### **Prepare the Squash:**

- Wash the squash and cut crosswise into  $\frac{3}{4}$  to 1-inch slices.
- Set the smaller squash slices without seeds on a prepared baking pan.
- For the squash with seeds, scoop out the seeds and hollow out the middle of each squash slice and discard the seeds; trim the circle to allow room for an egg. Arrange the seeded squash slices on the second baking pan.

- Brush or spray squash slices with olive oil inside and out; season with salt and pepper.

**Bake Squash Slices:** Bake the smaller solid squash slices in preheated 425-degree F oven for 20 minutes until the squash has softened. Remove from oven. Bake the second pan of squash slices in the oven for 20 minutes or until softened.

**Cut a Round Circle in Solid Slices:** When cool enough to handle, turn each slice over, using a 2-1/2-inch round biscuit cutter; press to cut out a circle slice from the center of each solid squash slice to allow room for an egg. Set aside these cooked squash center circles for another use.

**Fill Squash Centers with Eggs:** Carefully, crack and slide 1 egg into the center of each squash ring into the center of each squash slice. Season with salt and pepper, drizzle, or spray with olive oil.

**Bake Eggs in Squash Slices:** Bake pans separately about 8 minutes, until egg whites are set, and yolks are firm but not fully set.

**To Serve:** Use a spatula to slide the squash rings onto serving plates. Carefully remove and discard the squash peels before serving. Sprinkle the squash rings with Parmesan cheese, garnish each with fresh cilantro leaves; drizzle with olive oil. Serves: about 10 baked eggs in squash rings

**Optional To Serve a Squash Side Dish:** Arrange baked squash circles, which were removed from the small squash rings, on a small plate. Season to taste; drizzle with olive oil; sprinkle with grated Parmesan cheese; garnish with fresh cilantro leaves. Serves: 2 to 4

**Cook's Note:** If you want to make only 4 or 6 slices, you can also use acorn squash or cut the desired amount of slices from one butternut squash. The egg whites did seep out of the bottom of some slices, which might be eliminated by adding a greased foil rim around the bottom of each slice. When I made this recipe, I used the removed baked center squash pieces for a vegetable side dish.

**Recipe Inspired by:** Lisa Steele, The Fresh Eggs Daily Cookbook, recipe Baked Eggs, February 2022.

**About the Recipe:** This is a fun way to serve eggs surrounded with tender caramelized rings of squash. We made the recipe using the entire butternut squash, but it could be prepared in smaller amounts. The squash is tender, and the eggs bake as desired. Serve with Italian tomato sauce on the side.