

Butternut Squash Polenta

Yield: 5 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/polenta-and-mexican-squash-recipe>

Ingredients:

- 1 cup yellow onion very finely chopped, from one small onion
- 5 tablespoons unsalted butter divided
- 12 ounces butternut squash frozen, purée, sometimes called winter squash, about 1-1/2 cups; thawed
- 1 cup heavy cream
- 3 1/2 cups water
- 4 1/2 cups whole milk
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 3/4 cup polenta instant, or fine yellow cornmeal
- 1/4 cup pecorino romano or finely grated Parmigiano-Reggiano, optional

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 145 milligrams
4. Fat: 43 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 27 grams
8. Sodium: 1030 milligrams
9. Sugar: 14 grams

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