
Low-Glycemic Mushroom-Stuffed Butternut Squash Rings

Elegant roasted squash rings filled with savory mushrooms and oats—a blood sugar-friendly showstopper that's naturally low-GI and packed with fiber.

Prep: 20 min

Cook: 50 min

Total: 70 min

Servings: 4

GL 23.1 / GI 44

Ingredients

Medium GI (51) - keep skin on for extra fiber 1 large butternut squash, peeled or unpeeled

Minimal glycemic impact low-calorie cooking spray

Low GI (10) - adds flavor without spiking blood sugar 1 large onion, finely chopped

Very low GI (10-15) - high in fiber and protein 800g mixed mushrooms, finely chopped

Negligible glycemic impact - may help regulate blood sugar 4 fresh sage leaves, finely chopped, plus 12 whole leaves

Minimal glycemic impact - check for added sugars 1 low-salt vegetable stock cube, suitable for vegans

Low GI (55) - beta-glucan fiber improves insulin response 25g porridge oats

Instructions

Step 1

Preheat your oven to 200°C (180°C fan/400°F/gas mark 6). Cut the butternut squash crosswise into twelve thick rounds, each approximately 1.5-2 centimeters thick. Use a spoon to scoop out and discard any seeds and fibrous pulp from the center. For any solid slices without a natural cavity, use a round cookie cutter or small sharp knife to cut out the center, creating ring shapes. Grate the squash circles you removed from the centers and set this grated squash aside for the filling.

Step 2

Heat a large non-stick frying pan over low heat and coat lightly with cooking spray. Add the finely chopped onion and cook gently for five minutes until softened and translucent, stirring occasionally to prevent browning.

Step 3

Add the chopped mushrooms, finely chopped sage leaves, and reserved grated squash to the pan with the onions. Season with a pinch of sea salt and freshly ground black pepper to taste. Continue cooking over low heat for five minutes, stirring frequently, until the mushrooms release their moisture and begin to soften.

Step 4

Crumble the vegetable stock cube directly into the mushroom mixture, stirring thoroughly to ensure it dissolves completely and distributes evenly. Cook for ten minutes, allowing the flavors to meld and excess liquid to evaporate. Stir in the porridge oats until well combined, then transfer the entire mixture to a large bowl and set aside to cool slightly.

Step 5

Arrange all twelve squash rings on one or two large non-stick baking trays lined with parchment paper, ensuring they don't overlap. Spoon the mushroom and oat filling into the center of each ring, pressing down gently and smoothing the tops to create an even, neat appearance. Spray the filled rings lightly with cooking spray and roast in the preheated oven for 30-35 minutes, until the squash is tender when pierced with a fork and the edges are lightly golden and caramelized.

Step 6

When the stuffed squash rings have about five minutes remaining in the oven, heat a small frying pan over medium heat with a light coating of cooking spray. Add the twelve whole sage leaves and fry for 1-2 minutes until crispy and fragrant, watching carefully to prevent burning. Transfer to a paper towel to drain.

Step 7

Remove the squash rings from the oven and divide them among four serving plates, allowing three rings per person. Scatter the crispy fried sage leaves over the top as garnish. For optimal blood sugar control, serve alongside steamed long green beans and sliced peppers, encouraging diners to eat the vegetables first before the squash rings to maximize fiber's glucose-blunting effect. Consider adding a drizzle of extra virgin olive oil or a small portion of nuts to further reduce the glycemic impact through healthy fats.