



Recipe Air Fryer Squash Maple Glaze into your meal rotation is a fantastic way to enjoy a nutritious and flavorful dish without much hassle. The air fryer technique ensures that the [squash is perfectly cooked](#), achieving a crisp exterior while remaining tender on the inside. The addition of a maple glaze not only highlights the squash's inherent sweetness but also adds a fragrant and sumptuous touch that makes it irresistible. Whether you're preparing a casual family dinner or a festive holiday feast, this recipe is sure to impress with its simplicity and delightful taste. Let's dive into this mouth-watering recipe and turn ordinary squash into an extraordinary culinary experience.

The Health Benefits of Cooking Squash in an Air Fryer

Cooking squash in an air fryer not only enhances its natural flavors but also preserves its nutritional value. Here are some key health benefits:

- Reduced Oil Usage:** Air frying requires significantly less oil compared to traditional frying methods, which means fewer calories and lower fat content in your meals.
- Retention of Nutrients:** The air fryer cooks squash quickly at high temperatures, helping to lock in essential vitamins and minerals such as vitamins A and C, potassium, and fiber.
- Crispy Texture, Healthier Alternative:** Enjoy the satisfying crispiness of roasted squash without the need for excessive unhealthy fats, making it a healthier alternative to deep-frying.
- Versatile and Quick Cooking:** An air fryer allows you to cook delicious meals efficiently, preserving time and energy while maximizing flavor and health benefits.

Calories and Nutritional Information

Here is a breakdown of the calories and nutritional information for air fryer squash with maple glaze:

Component	Amount per Serving	Calories	Nutritional Benefits
Squash	1 cup (cooked)	40	Rich in antioxidants, fiber, vitamins A and C
Maple Syrup Glaze	1 tablespoon	50	Source of natural sugars, trace minerals
Olive Oil (optional)	1 teaspoon	40	Contains healthy monounsaturated fats

This table highlights the caloric content and key nutritional benefits, empowering you to



enjoy this dish while staying informed about your dietary choices. Adjust portions and ingredients as necessary to fit personal dietary needs and preferences.

A Beginner's Guide to Roasting Squash in the Air Fryer

Choosing the Right Squash

- **Type of Squash:** Opt for varieties like butternut, acorn, or delicata for the best roasting results.
- **Freshness:** Ensure your squash is firm with a smooth exterior for maximum flavor.

Preparing the Squash

- **Wash and Dry:** Thoroughly wash the squash under running water and pat it dry with a kitchen towel.
- **Cut and Seed:** Slice the squash in half and scoop out the seeds using a spoon.
- **Chop:** Cut the squash into even slices or cubes to ensure consistent cooking.

Seasoning the Squash

- **Basic Seasoning:** Lightly coat the squash with olive oil, salt, and pepper.
- **Maple Glaze Option:** For added sweetness, toss the squash with a maple syrup glaze before cooking.

Air Frying the Squash

- **Preheat:** Set your air fryer to 400°F (200°C) and preheat for about 5 minutes.
- **Arrange:** Place the squash pieces in a single layer in the air fryer basket, avoiding overcrowding.
- **Cook Time:** Roast for 15-20 minutes, shaking the basket halfway through for even cooking.

Tips for Perfectly Roasted Squash

- **Uniform Size:** Keep pieces similar in size to prevent uneven cooking.
- **Check Doneness:** Squash should be fork-tender and slightly caramelized when done.
- **Serve Immediately:** Enjoy your roasted squash as a side dish or as a base for a hearty salad.



Essential Ingredients for Maple-Glazed Air Fryer Squash

For this recipe, you'll need:

- 1 large butternut squash
- 2 tablespoons of olive oil
- 3 tablespoons of pure maple syrup
- 1 teaspoon of cinnamon
- Salt and pepper to taste

Preparing Butternut Squash for Air Fryer Cooking

1. **Wash and Peel:** Begin by thoroughly washing the butternut squash to remove any dirt. Use a vegetable peeler to remove the skin carefully, revealing the vibrant orange flesh beneath.
2. **Cut and Seed:** Slice off both ends of the squash to create a stable base. Cut the squash in half lengthwise and use a spoon to scoop out the seeds and stringy parts from the center.
3. **Dice into Even Pieces:** Lay each half flat on the cutting board and cut the squash into even cubes, approximately 1-inch in size, to ensure they cook evenly in the air fryer.
4. **Toss with Olive Oil:** Place the cubed squash in a large mixing bowl and drizzle with olive oil, ensuring each piece is lightly coated. This will help the maple glaze adhere and achieve a crispy finish.
5. **Season:** Sprinkle the squash with cinnamon, salt, and pepper, and toss once more to distribute the spices evenly across all pieces. Now, your squash is ready to be cooked to perfection in the air fryer.

Achieving Crispy Air Fryer Butternut Squash Every Time

Follow these easy steps to ensure your butternut squash comes out perfectly crispy without being burnt:

1. **Preheat the Air Fryer:** Begin by preheating your air fryer to 375°F. A properly preheated air fryer helps achieve an even cook and a crispy finish.
2. **Coat Evenly with Olive Oil:** Toss the squash cubes or slices gently in olive oil. Make



sure each piece is well-coated to enhance the crispiness.

3. **Arrange in a Single Layer:** Place the coated squash in a single layer in the air fryer basket. Overcrowding can lead to uneven cooking and soggy pieces, so cook in batches if necessary.
4. **Midway Shake:** Halfway through the cooking time, pause to shake the basket. This helps turn the pieces for evenly crisped edges.
5. **Monitor and Adjust:** Keep a close eye as the squash nears completion to prevent it from getting too dark. Cooking times may vary slightly depending on the size of the pieces and the air fryer model.

By following these steps, you'll be able to enjoy perfectly crispy air fryer butternut squash every time!

How to Cook Frozen Butternut Squash in the Air Fryer

Step-by-Step Instructions

1. Preheat the Air Fryer:

- Set your air fryer to 400°F and let it preheat for about 5 minutes.

2. Prepare the Squash:

- There's no need to thaw frozen butternut squash before cooking. Simply open the package and pour the desired amount into a mixing bowl.

3. Season the Squash:

- Drizzle 1-2 tablespoons of olive oil over the squash.
- Sprinkle with your preferred seasonings such as salt, pepper, garlic powder, or paprika.
- Toss the squash pieces until they are evenly coated with oil and seasonings.

4. Arrange in the Air Fryer Basket:

- Place the seasoned squash in the air fryer basket in a single layer. Avoid overcrowding to ensure even cooking and crispiness.

5. Cook the Squash:

- Cook the squash for about 15-18 minutes, shaking the basket halfway through for even



cooking.

- Check occasionally to ensure they are roasting to your desired level of crispiness.

6. **Serve and Enjoy:**

- Once the squash is golden-brown and crispy, remove it from the air fryer and serve immediately. Enjoy as a side dish or a healthy snack!

Chopped Butternut Squash in the Air Fryer: A Quick and Tasty Option

Steps:

1. **Prepare the Squash:** Peel the butternut squash and cut it into small, uniform cubes. This ensures even cooking and enhances the texture.
2. **Season the Squash:** Place the chopped squash in a large bowl and toss with olive oil, cinnamon, salt, and pepper. Make sure all pieces are evenly coated with the seasoning.
3. **Preheat the Air Fryer:** Set your air fryer to 375°F to preheat, which usually takes about 3 to 5 minutes. This step is essential for achieving a crispy exterior.
4. **Cook the Squash:** Arrange the seasoned squash cubes in a single layer in the air fryer basket. Depending on the size of your air fryer, you may need to cook in batches to avoid overcrowding.
5. **Shake and Check:** Cook the squash for 15 to 18 minutes, shaking the basket halfway through to ensure even cooking. Check for doneness by ensuring the squash is tender inside and slightly crispy outside.
6. **Apply Maple Glaze:** Once cooked, transfer the squash to a serving bowl and drizzle with pure maple syrup while still warm. Gently toss to coat the squash with the maple glaze.
7. **Serve Promptly:** Enjoy your air-fried, maple-glazed butternut squash as a nutritious and flavorful side dish.

Air Frying Butternut Squash Halves: Cooking Time and Tips

Cooking butternut squash halves in an air fryer is a convenient approach, preserving the rich flavor and nutrients. Follow these steps for perfectly cooked halves:

1. **Preparation:** Begin by cutting the butternut squash in half lengthwise. Use a spoon to



scoop out the seeds and stringy insides. Brush each half with olive oil, and season lightly with salt, pepper, and a sprinkle of cinnamon, if desired.

2. **Preheating:** Preheat the air fryer to 375°F, allowing it to reach an even temperature before placing the squash inside.
3. **Placement and Cooking:** Place the squash halves cut side down in the air fryer basket. Ensure they fit without overcrowding to facilitate even cooking and airflow.
4. **Cooking Time:** Air fry the squash for approximately 30-40 minutes. Cooking time may vary depending on the size of the squash, so check for doneness by inserting a fork into the thickest part of the flesh. It should be tender and easy to pierce.
5. **Final Glaze:** During the last 5 minutes of cooking, brush the cut sides with a maple glaze, allowing it to caramelize slightly before removing it from the air fryer.
6. **Serving:** Once done, let the squash cool slightly before serving. Enjoy as is, or scoop out the flesh for use in other dishes, maintaining its natural sweetness enhanced by the glaze.

Air Fryer Acorn Squash Cubes: A Delicious and Easy Recipe

Ingredients Needed

- 1 acorn squash
- 2 tablespoons of olive oil
- 2 tablespoons of brown sugar
- 1 teaspoon of ground cinnamon
- 1/2 teaspoon of nutmeg
- Salt to taste

Preparation Steps

1. **Prep the Squash:** Begin by thoroughly washing the acorn squash. Cut it in half and remove the seeds.
2. **Cube the Squash:** Slice the squash into even cubes, ensuring consistent sizing for even cooking.
3. **Pat Dry:** Use paper towels to pat the squash cubes dry, eliminating excess moisture.

Cooking Instructions

1. **Preheat the Air Fryer:** Set the air fryer to 375°F.



2. **Season the Squash:** In a large mixing bowl, toss the squash cubes with olive oil, brown sugar, cinnamon, nutmeg, and salt until well-coated.
3. **Cook the Squash:** Place the seasoned cubes in a single layer in the air fryer basket.
4. **Time and Temperature:** Cook for 15-18 minutes, shaking the basket halfway through cooking for even browning.

Tips for Best Results

- Avoid overcrowding the basket to allow for proper air circulation.
- For an additional touch of flavor, drizzle with a little more maple syrup before serving.
- Test for doneness by checking if the cubes are tender when pierced with a fork.

Pairing Air Fryer Butternut Squash with Potatoes for a Flavorful Dish

Step 1: Preparing the Ingredients

To pair air fryer butternut squash with potatoes, gather the following ingredients:

- 1 large butternut squash, peeled and cubed
- 2 medium-sized potatoes, washed and cubed
- 2 tablespoons of olive oil
- Salt and pepper to taste
- Optional: 1 teaspoon of rosemary or thyme for additional flavor

Step 2: Seasoning the Veggies

In a large bowl, combine the cubed butternut squash and potatoes. Drizzle with olive oil, then sprinkle with salt, pepper, and herbs if using. Toss everything together until the vegetables are evenly coated.

Step 3: Prepping the Air Fryer

Preheat the air fryer to 375°F. This ensures your vegetables start cooking immediately once placed in the basket, helping to achieve a nice, crispy exterior.



Step 4: Cooking the Dish

Arrange the seasoned squash and potatoes in a single layer in the air fryer basket. Cook for 20-25 minutes, shaking the basket halfway through cooking to ensure even crisping and browning.

Step 5: Serving

Once cooked, transfer the butternut squash and potatoes to a serving dish. This flavorful combination can be a perfect side dish to any meal or a delightful vegetarian main course. Enjoy the harmony of flavors and textures!

How to Air Fry Butternut Squash and Zucchini Together

Air frying butternut squash and zucchini together results in a deliciously textured and flavorful combination. Follow these simple steps to achieve an appetizing duo:

1. **Prepare the Vegetables:** Start by washing and drying both the butternut squash and zucchini. Peel the squash and cut it into cubes, approximately 1-inch in size. Slice the zucchini into similar-sized pieces to ensure even cooking.
2. **Seasoning:** Place the chopped vegetables into a large mixing bowl. Drizzle with olive oil and season with salt, pepper, and a sprinkle of garlic powder or your preferred spices.
3. **Preheat the Air Fryer:** Set your air fryer to 375°F and allow it to preheat for about 3-5 minutes. This will help in achieving a crispy texture.
4. **Arrange in the Basket:** Layer the seasoned vegetables in the air fryer basket in a single layer, avoiding overcrowding. This ensures that both the butternut squash and zucchini cook evenly.
5. **Cooking Time:** Air fry for approximately 15-20 minutes, tossing the vegetables halfway through to promote even browning and crispiness.
6. **Check for Doneness:** Use a fork to test the softness of the squash and zucchini. If needed, continue cooking for an additional 2-3 minutes until your desired texture is reached.
7. **Serve and Enjoy:** Once finished, remove the vegetables from the air fryer, garnish with fresh herbs like parsley or thyme, and serve immediately for the best texture and flavor.



Tips for Creating the Perfect Maple Glaze for Air Fryer Squash

1. **Choose Pure Maple Syrup:** Use high-quality, pure maple syrup for a rich, authentic flavor. Avoid pancake syrups or maple-flavored substitutes, as they may not provide the desired taste and consistency.
2. **Balance Sweetness and Spice:** Add a pinch of cinnamon and a dash of nutmeg to complement the sweetness of the maple syrup. You can adjust the amount of spice to match your taste preferences.
3. **Incorporate a Touch of Acid:** A splash of apple cider vinegar or lemon juice enhances the flavor profile by balancing sweetness with a slight tanginess, making the glaze more complex and appealing.
4. **Thicken with Cornstarch:** To achieve a thicker glaze that clings well to the squash, mix a small amount of cornstarch with water to create a slurry. Slowly whisk this into the warm glaze, allowing it to thicken to your preference.
5. **Heat Gently:** Warm the maple syrup and spices over low heat, stirring continuously to prevent scorching. This gentle heating process allows the flavors to meld without caramelizing the sugar prematurely.
6. **Apply Midway Through Cooking:** To avoid burning the glaze, apply it to the squash halfway through air frying. This timing allows the glaze to caramelize slightly while ensuring it doesn't overcook.

Why the Air Fryer is Perfect for Squash Recipes

Healthier Cooking Option

- Minimal use of oil reduces caloric intake while maintaining flavor.
- Air frying preserves more nutrients compared to traditional frying methods.
- Retains the natural flavors and sweetness of squash without heavy cooking methods.

Consistent Results

- Even heat distribution ensures thorough and uniform cooking.
- Offers precise control over temperature and cooking time.
- Results in consistently crispy texture without the inconsistency of oven roasting.



Convenience and Speed

- Rapid cooking times make preparing meals faster than traditional methods.
- Preheating is typically unnecessary, saving time and energy.
- Easy to clean with fewer components than standard ovens or fryers.

Versatile Cooking Potential

- Suitable for both fresh and frozen squash varieties.
- Accommodates various squash cuts, from cubes to halves, with ease.
- Perfect for experimenting with different flavors and seasonings.

Creative Ways to Serve Maple-Glazed Air Fryer Squash

Serving maple-glazed air fryer squash in creative ways can elevate your dish and impress your guests. Here are some inspiring serving suggestions to try:

1. Squash Salad Bowls:

- Toss the maple-glazed squash with baby spinach, roasted nuts, and crumbled feta for a fresh, vibrant salad.
- Drizzle with a light balsamic dressing for added zing.

2. Squash Toasts:

- Top toasted sourdough bread with a layer of whipped ricotta or goat cheese.
- Add slices of maple-glazed squash and sprinkle with fresh herbs like thyme or chives.

3. Squash Tacos:

- Fill soft corn tortillas with maple-glazed squash, black beans, avocado slices, and a dollop of sour cream.
- For extra flavor, add a squeeze of lime juice and cilantro.

4. Stuffed Squash Boats:

- Hollow out zucchini or bell peppers and fill with maple-glazed squash mixed with quinoa or rice.
- Top with grated cheese and bake until the tops are golden.

5. Side Dish for Roasted Meat:



- Serve the squash alongside roasted chicken or pork for a sweet and savory pairing.
- Complement with a simple gravy or sauce to bring the flavors together.

These creative serving ideas offer both visual appeal and a delightful combination of flavors that highlight the sweet, rich taste of maple-glazed air fryer squash.

Conclusion

Air fryer squash with maple glaze is not only a delightful addition to your meal repertoire but also a testament to the versatility of air fryers in crafting healthy and delicious dishes. By harnessing the air fryer's unique cooking capabilities, you can enjoy perfectly roasted squash with minimal effort and maximum flavor.

Experiment with different squashes and seasonings to discover new combinations that please your palate. Whether served as a side dish or a main feature, this recipe exemplifies how simple ingredients and innovative cooking techniques can elevate everyday meals. Enjoy the ease and satisfaction of air frying as you explore more culinary adventures with this handy kitchen appliance.

Frequently Asked Questions

Can I use other types of squash in the air fryer?

Yes, you can use various types of squash, such as acorn squash, kabocha, or spaghetti squash. Each variety may require slight adjustments in cooking time and temperature due to differences in density and moisture content.

Do I need to preheat the air fryer before cooking squash?

While preheating isn't always necessary, it can help achieve a more consistent texture. Preheating the air fryer allows for even heat distribution from the start, which can enhance the crispiness of the squash.

Can I air fry squash without any oil?

Yes, you can air fry squash without oil, but adding a small amount of oil helps achieve a crispier texture and enhances flavor. If you're avoiding oil, try using a non-stick spray or brush the basket lightly with water before adding the squash.



How do I prevent my squash from becoming too soft in the air fryer?

To prevent your squash from becoming too soft, ensure it's cut into uniform pieces and avoid overcrowding the basket. Cooking in a single layer and shaking the basket halfway through the cooking time can also help ensure even roasting and prevent sogginess.

Can I add other vegetables with squash in the air fryer?

Absolutely! Combining squash with vegetables like potatoes, bell peppers, or zucchini can result in a tasty medley. Just make sure all vegetables are cut to similar sizes to ensure even cooking.

What should I do if my air fryer squash isn't getting crispy?

If your squash isn't getting crispy, try increasing the cooking temperature slightly or extending the cooking time. Additionally, ensuring the squash pieces are dry before placing them in the air fryer might improve crispiness.