

Roasted Butternut Squash

Prep Time

10-15 min

Cook Time

30 min

Servings

4

INGREDIENTS

- 2 pounds butternut squash (peel using peeler, take out seeds and cut into 1 inch chunks)
- 2 tbsp olive oil
- 2 cloves garlic
- pinch of salt and pepper
- 1 tsp cinnamon (optional)



DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt, black pepper and cinnamon. Spread coated squash on a baking sheet.
3. Roast in the oven until the squash is tender and lightly browned. (Approximately 25 to 30 minutes.)

Why Squash?

Butternut squash is a type of Winter Squash. Winter squashes also include spaghetti, acorn, and kabocha. Squash is rich in carotenoids, protein, Vitamin C, Vitamin B6, Fiber, Magnesium, and Potassium. Serve this recipe as a side or add it to your salads. **Check out your local farms and markets today!**

Nutrition Info

Serving Size	4
Calories	210
Fat	7.2 g
Saturated fat	1 g
Protein	1.5 g
Total Carbohydrates	17.1 g
Fiber	5.3 g
Sugars	5 g
Sodium	45 mg
Cholesterol	0 mg
Iron	5 mg
Potassium	446 mg
Calcium	15 mg

Adapted from: <https://www.allrecipes.com/recipe/229733/simple-roasted-butternut-squash/>