

# Roasted Butternut Squash

**Prep time:** 10 minutes. **Cook time:** 30 minutes. Makes 4 servings.

## 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° F.
2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt, black pepper, and cinnamon.
3. Spread coated squash on a baking sheet. Roast in the oven until the squash is tender and lightly browned, approximately 25 to 30 minutes.



## Nutrition Information:

Calories: 210; Fat: 7.2g (Saturated fat: 1g); Protein: 1.5g; Carbohydrates: 17.1g; Fibre: 5.3g; Sugars: 5g; Sodium: 45mg; Cholesterol: 0mg

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



For more information visit:  
[WWW.MAGNAWELLNESS.CA](http://WWW.MAGNAWELLNESS.CA)

**GOOD for you**  
Health and Wellness  
for Magna Employees

**MAGNA**