



Roasted Butternut Squash

4 servings
45 minutes

Ingredients

- 2 lbs Butternut Squash (1 Medium) (3-4 cups cubes)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Coarsely Ground Salt
- 1/2 tsp Optional Spices (cinnamon + chili powder OR garlic + parsley)

Nutrition

Amount per serving	
Calories	162
Fat	7g
Saturated	1g
Trans	0g
Carbs	27g
Fiber	5g
Sugar	5g
Protein	2g
Cholesterol	0mg
Sodium	304mg
Vitamin A	24109IU
Vitamin C	48mg
Calcium	110mg
Iron	2mg

Directions

- 1 Heat oven to 400 degrees Fahrenheit.
- 2 Peel, seed, and cube butternut squash: Using a vegetable peeler, peel butternut squash. If squash is too tough to peel, stab with a fork several times, then microwave 5-7 minutes until it starts to soften. Cut butternut squash in half crosswise just above the bell, below the thinner neck. Next cut the bell in half lengthwise. Using a spoon, scrape out the seeds and discard (or save to make savory roasted squash seeds). Cut butternut squash into similarly-sized 1/4-inch cubes: For the neck, cut into 1/4-inch wide slices, then lay slices flat and cut lengthwise into strips. Turn strips a quarter-turn and cut perpendicularly into cubes. For the bell, lay it cut-side down and slice into wedges. Turn a quarter-turn and cut slices perpendicularly into cubes.
- 3 Add cubed squash to baking sheet or dish and toss with oil, salt, and desired spices. Avoid stacking squash on top of each other and spread evenly on dish.
- 4 Roasted squash in oven 30-35 minutes, stirring once halfway through cook time to ensure even browning. Squash will be soft and starting to brown when fully cooked.
- 5 Note: adjust cook time of recipe for different oven temperatures; 350 = 40-50 min // 450 = 20-25 min

Notes

Total Time: 45-50 min: Prep time: 20 min // Cook time: 25-30 min

Serving Size: 1 cup

Pro Tip: if butternut is too tough to peel and/or cut, pop the squash in the microwave for 3-5 minutes until starting to soften. Pierce squash several times with a fork before cooking to poke holes in the skin.



Cooking Equipment: Cutting board // Chef's knife // Baking sheet or dish

Peel and seed butternut squash: Peel with vegetable peeler. If too tough, stab with a fork several times, then microwave 5 min until begins to soften. Cut squash in half crosswise above the bell, below thinner neck. Next cut bell in half lengthwise. Use a spoon to scrape out seeds.

Cube butternut squash: Cut neck of squash into 1/4-inch wide slices. Lay slices flat and cut lengthwise into strips. Turn strips a quarter-turn; cut across slices into cubes. Lay bell cut-side down and slice into wedges, then turn quarter-turn and cut across slices into cubes.