

# Roasted Butternut Squash

**Servings:** 6

**Diet:** Vegetarian, Vegan & Gluten-Free

## Ingredients

- 1 large butternut squash, peeled and cut into ½ inch cubes
- 1 tablespoon oil
- ¼ teaspoon salt
- ½ teaspoon black pepper
- Optional: 1 teaspoon dried ground sage or dried thyme

## Instructions

**STEP 1:** Preheat oven to 425°F. Place the butternut squash in a large bowl.

**STEP 2:** Add the remaining ingredients to the bowl with the squash. Toss thoroughly to coat the squash.

**STEP 3:** Spread the squash in a single layer on a baking sheet lined with parchment paper. Bake for 30 minutes or until the squash is tender and golden brown, mixing halfway through.



- **Reduce Food Waste:** Wash and dry the seeds, toss with oil and sprinkle with salt. Roast seeds at 275° F for 15 minutes and enjoy as a snack.
- **Ingredient Swap:** Substitute butternut squash for acorn or delicata squash.



Per Serving: 60 Calories | 11g Carbs | 2g Sugar | 2g Fiber | 2.5g Fat (0g Sat Fat) | 1g Protein | 100mg Sodium  
For more recipes and nutrition information, visit [capitalareafoodbank.org/recipes](https://capitalareafoodbank.org/recipes)