



## Roasted Butternut Squash

Makes 4-6 servings

1 medium-sized butternut squash  
2 tablespoons olive oil  
2 large pinches of salt  
Freshly ground pepper

### Directions

Preheat oven to 400° F. Line a baking sheet with parchment paper.

Cut the squash in half, scoop out the seeds, and peel the skin using a chef's knife. If you need to, cut the squash into quarters to make peeling easier.

Cut the squash into pieces, about 1 inch square.

Toss pieces in a large bowl with olive oil, salt and pepper. Place squash on baking sheet, leaving some space between pieces for hot air to circulate and brown the squash.

Bake for 20 minutes or until the squash is tender and browned.



**For more healthy recipes,  
please visit *Your Healthy Kitchen*  
via [www.yrmhealthconnect.org](http://www.yrmhealthconnect.org)**

### NUTRITION INFORMATION

#### PER 1 CUP SERVING:

Calories	142
Total Fat	7 g
Saturated Fat	1 g
Sodium	228 mg
Carbohydrates	22 g
Fiber	2 g
Protein	2 g
Potassium	388 mg

Also a good source of Vitamin A, Vitamin C, magnesium, and beneficial phytochemicals

Cost per serving: \$ .50