



A Nutrition Resource

SIMPLY DELICIOUS ROASTED BUTTERNUT SQUASH

Yield: 6 Servings

Cost/Serving: \$1.00

Ingredients:

1 butternut squash, *peeled, seeded and cut into cubes. Can substitute any type of winter squash for butternut, including acorn, buttercup, or carnival.*

2 tbsp olive oil

2 garlic cloves, *minced*

Salt and ground black pepper to taste

Optional: drizzle with honey, or sprinkle with dried rosemary, or create your own flavor combination.

Directions:

1. Preheat oven to 400
2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper (and honey and rosemary or other seasonings if using). Arrange coated squash on baking sheet(s).
3. Roast in the preheated oven until squash is tender and lightly browned, stirring once, 25-30 minutes.

Nutrition Facts

6 servings per container

Serving size 1/2 cup (0.0g)

Amount Per Serving

Calories **110**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 18g **7%**

Dietary Fiber 3g **11%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 70mg **6%**

Iron 1.1mg **6%**

Potassium 540mg **10%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: MT Harvest of the Month and
Emma Fernandez, FoodCorps Service
Member

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This institution is an equal opportunity provider.

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