



# Roasted Butternut Squash



6 servings



1 hour

## INGREDIENTS

- 1 medium butternut squash
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- salt and ground black pepper  
to taste

Try Adding:

- Rosemary
- Thyme
- Sage
- Cinnamon
- Cayenne Pepper
- Paprika
- Honey
- Maple or agave syrup
- Cumin
- Red pepper flakes

## DIRECTIONS

1. Preheat oven to 400 F
2. Peel butternut squash with sharp vegetable peeler. Cut in half lengthwise; scoop out and discard seeds. Cut halves into 1-inch slices, then cut slices into 1-inch cubes.
3. Combine butternut squash cubes, olive oil, and garlic in a large bowl and toss until well coated. Season with salt and pepper. Arrange in a single layer on a baking sheet.
4. Roast in the preheated oven until squash is lightly browned and tender when pierced with a fork, 25 to 35 minutes.