

Maple Roasted Butternut Squash

Recipe Type: Side dish

Serves: 4

Prep Time: 15 minutes

Cooking Time: 25 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 medium butternut squash
- 2 T olive oil
- 2 T pancake syrup
- ¼ t salt
- ½ t cinnamon

What to do:

1. Preheat the oven to 400 °F.
2. Wash your hands.
3. Peel the squash with a potato peeler.
4. Cut the squash in half and scoop out the seeds with a spoon.
5. Cut each half of the squash into 1 inch pieces.
6. Put the butternut squash, olive oil, pancake syrup, salt and cinnamon into a large bowl.
7. Mix well and place the butternut squash on a baking sheet.
8. Cook for about 20 to 25 minutes until the squash is soft and lightly browned.
9. Enjoy!

To spice it up: add ½ t cayenne pepper or red pepper flakes.



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1/2 C

Amount Per Serving

Calories 130

Calories from Fat 60

%Daily Value*

Total Fat 7 g **11%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 300 mg **13%**

Total Carbohydrate 20 g **7%**

Dietary Fiber 3 g **12%**

Sugars 5 g

Protein 1 g

Vitamin C 35%

Calcium 6%

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 5.2

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