

Butternut Squash

CINNAMON ROASTED BUTTERNUT SQUASH

Cubes of butternut squash tossed with maple syrup, cinnamon, and rosemary, roasted to caramelized perfection.

- 1 large butternut squash *about 3 pounds, peeled, seeded, and cut into 1-inch cubes*
- 1 ½ tablespoons olive oil
- 1 ½ tablespoons pure maple syrup
- 1 teaspoon salt
- ¾ teaspoon ground cinnamon
- ½ teaspoon ground black pepper
- 1 tablespoon chopped fresh rosemary

The Directions

1. Use nonstick spray to coat two baking sheets. Grab a large bowl and add your squash cubes. Add the olive oil, maple syrup, and spices to the bowl. Toss until the squash is coated in all the delicious flavors.
2. Divide the squash between the baking sheets and discard any excess liquid from the bottom of the bowl. Make sure the squash is spread into a single layer on the baking sheets and not overly crowded. This will ensure the air can circulate in the oven and the squash roasts properly. If you crowd the squash on the pan, it will steam and not develop the caramelization we're after.
3. Place your baking sheets in the oven and bake for 15 minutes at 400 degrees F. After 15 minutes, remove the pans, turn the squash with a spatula, and return to the oven.
4. Bake until the squash is tender (about 10 to 15 additional minutes). Remove from the oven and scatter fresh rosemary over the top. Serve warm and ENJOY!

How to Cut Butternut Squash for Roasting

The vegetable peeler method is the easiest way to peel butternut squash.

1. Pick your squash. I find ones that have a longer "neck" are easier to peel. That said, no matter what shape your butternut squash is, this method works.
2. Use a sharp chef's knife to cut off both the top and bottom of the butternut squash, about 1/4 of an inch from the end (this helps stabilize the squash while you peel and cut). I also like to use a nonslip cutting board, which is very sturdy.
3. With a vegetable peeler, peel the outer layer (skin) of the butternut squash.
4. With the same sharp chef's knife, cut the squash crosswise where the neck of the squash meets the rounder, base end so that you have two round pieces, one that's a cylinder (the neck) and one that's more of a ball (the base). Stand each of the pieces upright on your cutting board and make a cut down the middle from top to bottom. You'll now have 4 pieces.
5. Once cut, use a spoon or ice cream scoop to remove the seeds and stringy parts from the inside the base of the squash.
6. Lay your halves cut side down, and cut each half into 1-inch wide slices. Then, cut your slices crosswise in 1-inch wide cuts. (You should end up 1-inch cubes.) You can adjust the width of the cuts as needed to suit your recipe. For example, if your recipe calls for 1/2-inch cubes, cut the pieces 1/2 inch-wide instead. Not all of the pieces will be a perfect square (the base end ones are especially odd).

Nutrition

SERVING: 1 (of 4) **CALORIES:** 153kcal

CARBOHYDRATES: 28g **PROTEIN:** 2g **FAT:** 5g

SATURATED FAT: 1g **POTASSIUM:** 677mg

FIBER: 4g **SUGAR:** 9g **VITAMIN A:** 19946IU

VITAMIN C: 39mg **CALCIUM:** 102mg **IRON:** 1mg