



SIDES/SNACKS

HOLIDAY ROASTED BUTTERNUT SQUASH



Serves 6, 3/4 cup per serving

Prep time: 10 minutes ▪ Cook time: 40 minutes

INGREDIENTS

- 2 pounds **butternut squash**
- 1/4 cup walnuts
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 Tablespoon butter or canola oil
- 1/4 cup dried cranberries
- 1 1/2 Tablespoons maple syrup

DIRECTIONS

1. Preheat oven to 375°F.
2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut both ends into 3/4-inch, even-size cubes.
3. Coarsely chop walnuts. Set aside.
4. In a large bowl, add squash. Toss with oil, sage, salt, and ground black pepper.
5. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
6. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.

Nutrition Facts

Serves 6	
Serving Size	3/4 cup
Amount Per Serving	
Calories	177
% Daily Value*	
Total Fat 9.6g	15%
Saturated Fat 1.8g	
Trans Fat 0g	
Cholesterol 5.1mg	2%
Sodium 136.9mg	6%
Total Carbohydrate 23.8g	8%
Dietary Fiber 3.4g 13%	
Sugars 3.5g	
Protein 2.2g	4%

CHEF'S NOTES

- To bring out flavors even more, stir in 1 Tablespoon cider vinegar along with the cranberry mixture.
- Use pecans or hazelnuts in place of walnuts. Try using raisins or dried cherries in place of cranberries.
- If you don't have an oven, place squash mixture into a skillet over medium heat, cook until tender.

RECIPE BY:
Cooking Matters

