

Roasted Butternut Squash

MILK EGG PEANUT WHEAT TREE NUT
SOY FISH SHELLFISH SESAME

LEVEL	CATEGORY	TIME	YIELDS
Apprentice	Vegetable Dish	45 minutes	4 Servings

A delicious vegetable that has its own natural sweetness. Roasting the squash is worth the extra time for a richer flavor.

Ingredients:

1 Whole Butternut Squash
2 TBL Olive Oil
Salt
Pepper

Tools:

1 Chopping Knife
1 Cutting Board
1 Vegetable Peeler
1 Roasting Pan or Baking Sheet
1 Spatula or Tongs
Oven Mitts

Instructions:

1. Preheat your oven to 400°.
2. Cut your squash into 2 halves and scoop out the seeds or peel your squash and cut up the squash into 1-inch pieces.
3. Place your butternut squash in the pan. Coat with olive oil and sprinkle with salt and pepper. If using the cut halves, place cut side up in the pan.
4. Roast for 30 minutes for cut pieces stirring them with a spatula halfway through cooking. If roasting in two halves, bake for 30-35 minutes until fork tender.
5. Allow to cool for at least 5 minutes and then serve or store in an airtight container in the refrigerator for up to 3 to 5 days.

Tip: After you coat your squash with olive oil, you can add a sprinkle of garlic powder for a savory flavor or a sprinkle of brown sugar for a sweeter taste.

Trick: You can line your pan with parchment paper for ease of clean-up.

