

Roasted Winter Squash



Ingredients:

Any winter squash: butternut, acorn, carnival, delicata,
Olive Oil or butter

Prep: 20 min

Cook: Up to 1 hour

Instructions:

- Heat oven to 400°F.
- Using a large sharp knife, start neat the stem and rocking back and forth cut around entire squash. Break in half and cut out the stem.
- Remove seeds and fibrous strands. Rub flesh with olive oil
- Place face down on a baking sheet, place in oven for up to an hour. Test squash by inserting a butter knife. It is goes in without resistance it is done. Smaller squash (delicata or acorn may take only 20 minutes or so.
- Remove from oven and cool until it can be handled. Cut skin off and cut into chunks.
- Serve as a side dish, cubed or mashed

Other Ideas:

- Make a puree for soups or other recipes. Add a little water if puree is too thick
- Smoke in a smoker
- Add herbs to the oil rub
- Add cinnamon and brown sugar

Nutritional Facts:

Calories: 30kcl, total fat: 0gm, cholesterol: 0 mg, carbohydrate: 3g, fiber 10g, sugar: 4g, sodium: 239mg
Protein: 1g