

Roasted Butternut Squash

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 40 minutes

Chef's Notes

Butternut squash, a popular winter squash, with its nutty and sweet flavor doesn't

Butternut squash is good with just a little seasoning or you can dress it up by adding cilantro, brown sugar, herbs or even maple syrup.

Roasting the Squash

Preheat oven to 400° F (200°C).

Peel the squash, cut it in half, scoop out and discard the seeds. Dice the squash into roughly 1" -inch cubes.

Place the squash into a bowl. Add the olive oil, salt and pepper and toss to evenly coat.

Pour the squash onto a parchment-lined baking tray. Roast for 15 to 20 minutes. The squash is ready when a knife easily slides into the center. Once done, taste for seasoning and adjust, if needed.

Step 1: Roasting the Squash

- 1 whole butternut squash
- 2 tbsp grapeseed or olive oil
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper