Roasted Butternut Squash

Makes 4-6 Servings

Ingredients

- ☐ Pre-cut (1-inch cubes) medium squash (about 3 cups)
- ☐ 1 tablespoon maple syrup
- ☐ 1 tablespoon of soy sauce
- ☐ 1 teaspoon of cinnamon

Directions

- 1. Mix the maple syrup, soy sauce and cinnamon together.
- 2. Place the squash on a parchment-lined baking sheet. Drizzle the mixture on the squash.
- Roast on middle rack for about 10 minutes. Flip squash and roast for 10 more minutes.
- 4. Remove from oven. Can be served as a side dish or added to a salad.



Recipe from: Char Nolan







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