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CINNAMON ROASTED BUTTERNUT SQUASH

SERVINGS: 100 SERVINGS CALORIES: 60 KCAL

This simple yet delicious recipe can be done in half an hour! Butternut squash is tossed in cinnamon and roasted for a yummy side dish.

INGREDIENTS

40 pounds Butternut squash, average size
OR fresh winter squash peeled, and
seeded OR frozen winter squash peeled,
and seeded

1.33 tablespoons Cinnamon or allspice (1
tablespoon, 1 teaspoon)

4 tablespoons Salt, kosher

1.33 tablespoons Black pepper, ground (1
tablespoon, 1 teaspoon)

Spray oil, or water spray as needed

INSTRUCTIONS

1. Preheat oven to 350° F.
2. If not already prepared, remove seeds from squash and cut into lengthwise quarters or into large cubes.
3. Place squash onto baking sheet that has been lightly coated with non-stick cooking spray.
4. In a small bowl mix together cinnamon or allspice, salt and pepper. Mist squash with water or cooking spray and dust each with mixed spices.
5. Bake squash 30-40 minutes until tender.
6. Serve one wedge or ½ cup (4 ounces) cubed squash.

RECIPE NOTES

Crediting: ½ cup red/orange vegetable

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 60 kcal | Fat: 1 g | Sodium: 290 mg | Carbohydrates: 16 g | Fiber: 5 g | Sugar: 3 g | Protein: 2 g

The outcome, crediting information, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.

Recipe ID: 9570

