

Maple Roasted Butternut Squash

Recipe Type: Side dish

Serves: 4

Prep Time: 15 minutes

Cooking Time: 25 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 medium butternut squash
- 2 T olive oil
- 2 T pancake syrup
- ¼ t salt
- ½ t cinnamon



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Preheat oven to 400°F.
3. Peel the squash with a potato peeler.
4. Cut the squash in half and scoop out the seeds with a spoon.
5. Cut each half into 1 inch pieces.
6. Put the butternut squash, olive oil, pancake syrup, salt and cinnamon into a large bowl.
7. Mix well and place the butternut squash on a baking sheet.
8. Cook for about 20–25 minutes until the squash is soft and lightly browned.
9. Enjoy!

To spice it up: Add ½ t cayenne pepper or red pepper flakes.

Nutrition Facts

4 servings per container

Serving size 1/2 Cup (113g)

Amount per serving

Calories **130**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 18g **7%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 4g Added Sugars **8%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 1mg **6%**

Potassium 337mg **8%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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