

Baked Butternut Squash

6 Servings

Ingredients:

1 butternut squash (about 3 lbs.), peeled, cleaned and cubed

2 Tablespoon vegetable oil

2 teaspoon cinnamon

1 ½ Tablespoon brown sugar

¼ teaspoon salt

Directions:

1. Preheat oven to 425°F. Spray a baking sheet with non-stick cooking spray. In a large bowl, mix ingredients together until squash is well-coated.
2. Spread squash on prepared baking sheet, and roast in the oven for 30-40 minutes, or until squash is soft.

Nutritional Facts: Calories 153, Fat 5g, Protein 2g, Fiber 5g, Sodium 107mg, Carbohydrate 29g