



Dinner Recipes

Cinnamon Roasted Butternut Squash

Ingredients:

- 1 large butternut squash, peeled and cut into 1 inch cubes (about 8-9 cups)
- 2 tablespoon olive oil
- 2 tablespoon brown sugar
- 2/3 teaspoon ground cinnamon
- ½ teaspoon kosher salt
- Optional: dash cayenne



Directions:

1. Preheat oven to 425 degrees
2. Place aluminum foil on two large baking sheets
3. Mix the brown sugar, cinnamon and salt together
4. Toss the butternut squash cubes into the olive oil then in the seasoning mixture until they are coated well
5. Place coated butternut squash on the baking sheet in a thin layer (spread out evenly between the two baking sheets)
6. Place baking sheets in the oven
7. Flip the squash after 20-25 minutes
8. Cook for about 40-45 minutes total (until edges are lightly brown and the centers are tender)

Enjoy!

Serving size: 1 cup (Non-starchy veggie)

Nutrition Information:

Meal Plan Blocks:

1 serving: 95 calories, 2 grams protein, 18 grams carbs, 3 grams fat

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