



A Nutrition Resource

ROASTED BUTTERNUT SQUASH WITH CINNAMON AND BROWN SUGAR

Yield: 6 Servings

Cost/Serving: \$1.15

Ingredients:

- 7 3/4 cups butternut squash, peeled and cut into 2-inch cubes
- 1/4 cup butter, *melted*
- 1/4 cup brown sugar
- 1/2 tsp salt
- 1/2 tsp cinnamon
- Pinch of black pepper

Directions:

1. Preheat convection oven to 350°F or conventional oven to 375°F.
2. Add squash to a parchment-covered or oil sprayed sheet pan.
3. Cut any extra-large pieces, so size of squash pieces are similar.
4. Melt the butter in a small pot, then add the brown sugar, salt, cinnamon, and pepper. Mix to combine thoroughly.
5. Equally divide the butter mixture among pans, then stir until squash is well coated.
6. Roast, uncovered, until cooked through and lightly browned, about 20-30 minutes in a convection oven or 30-35 minutes in a conventional oven.

Nutrition Facts

6 servings per container

Serving size 1/2 cup (0.0g)

Amount Per Serving

Calories **180**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 260mg **11%**

Total Carbohydrate 30g **11%**

Dietary Fiber 4g **14%**

Total Sugars 13g

Includes 9g Added Sugars **18%**

Protein 2g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 1.4mg 8%

Potassium 650mg 15%

* The % Daily Value (DV) 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.

Source: MT Harvest of the Month and
Fresh from the Farm: Massachusetts
Farm to School Cookbook

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