

Roasted Butternut Squash

5 SERVINGS 40 MINUTES



INGREDIENTS

5 cups Butternut Squash (diced into cubes)
1 1/2 tsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 02 Season with sea salt and black pepper to taste. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	75	Fiber	3g
Fat	1g	Protein	1g
Carbs	16g		



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