

Holiday Roasted Butternut Squash

A healthier twist on this holiday classic, this recipe is sure to become a family favorite!

Makes: 6 Servings
 Prep Time: 15 minutes
 Cook Time: 35 minutes

Source: Cooking Matters

Ingredients

- 2 pounds butternut squash
- ¼ cup walnuts
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 Tablespoon butter or canola oil
- ¼ cup dried cranberries
- 1 ½ Tablespoons maple syrup

Directions

1. Preheat oven to 375°F.
2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut both ends into ¾-inch, even-sized cubes.
3. Coarsely chop walnuts. Set aside.
4. In a large bowl, add squash. Toss with oil, sage, salt and ground black pepper.
5. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
6. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 3/4 cup	
Nutrients	Amount
Calories:	180
Total Fat:	10 g
Saturated Fat:	1.5 g
Cholesterol:	5 mg
Sodium:	105 mg
Total Carbohydrates:	23 g
Dietary Fiber:	5 g
Total Sugars:	11 g
Added Sugars:	n/a
Protein	2 g

Utensils Needed

- Sharp knife
- Cutting board
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Baking sheet
- Small skillet
- Spoon
- Peeler

SHOPPING LIST

Average total cost of ingredients without oil, and seasonings/spices: \$15.81

Average cost/serving: \$2.64

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Butternut Squash, 2 lb



Add 1 to Cart
Walnuts, 8 oz



Add 1 to Cart
Dried Cranberries, 6 oz



Add 1 to Cart
Pure Maple Syrup, 12.5 fl oz

SAVE TIME, SAVE MONEY

Preparation Tips

- To make flavors pop even more, stir in 1 Tablespoon cider vinegar along with the cranberry mixture.
- You can use fresh sage instead of dried. Leave out dried sage in step 4. Roll 4 fresh sage leaves into a log shape and thinly slice. Cook fresh sage in butter or oil along with the walnuts in step 6.
- Use pecans or hazelnuts in place of walnuts. Try using raisins or dried cherries for the cranberries.

Produce Tips

- When purchasing winter squash, like butternut, look for hard squash that still has some of the dried-out stem attached.
- Store squash in a cool, dry place for up to 1 month.

My Cooking Notes