

Roasted Winter Squash



**GREATER
CHICAGO**
- **FOOD** -
DEPOSITORY.

Scan for interactive recipe

Serves: 5

Prep: 15 minutes | **Cook:** 50-60 minutes

INGREDIENTS

- 2.5 pounds acorn or butternut squash, halved
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt

DIRECTIONS

1. Preheat the oven to 400°F.
2. Take your squash and trim off the ends, cut in half lengthwise, and scoop out the seeds.
3. Place squash halves on full sheet pans with paper liners and lightly coat with vegetable oil. Season with salt.
4. Bake for 50-60 minutes until golden brown and tender.



Nutrition Information

Serving Size: 1/5 of recipe

Calories	177
Total fat	6 g
Saturated Fat	0.9 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	242 mg
Carbohydrates	33 g
Fiber	10 g
Sugars	9 g
Protein	3 g

Recipe adapted from: lenoxhill.org