Butternut Squash

Serves 6, ¾ cup per serving

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
- 1½ Tablespoons maple syrup

Nutrition Facts

Serving Size 3/4 cup
Servings Per Recipe 6

Amount Per Serving	
Calories 180	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 105mg	**5%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 5g	**18%**
Sugars 11g	
Protein 2g	
Vitamin A 290% • Vitamin C 35%	
Calcium 6% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher

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 squash into ¾-inch, even-size cubes.
3. In a large bowl, add squash. Toss with oil, sage, salt, and ground black pepper.
4. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
5. While squash is roasting, coarsely chop walnuts. Set aside.
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.

Chef's Notes

- To bring out flavors 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 3. Roll 4 fresh sage leaves into a log shape and slice thinly. 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 in place of cranberries. Also, you can use any winter squash for this recipe.