

Maple Cinnamon Butternut Squash

Vegetable sides can be exciting! This easy butternut squash recipe offers a sweet maple cinnamon taste and can be easily paired with a savory entrée. Did you know butternut squash is a good source of Vitamin A, potassium, fiber, and complex carbs with a low glycemic index (making it perfect for diabetes management).

Ingredients:

1 large	Butternut squash, peeled, seeded, and cut into 1-inch cubes (equals about 3 lbs. These can be bought pre-cut if you'd like)
1 ½ Tbsp	Extra virgin olive oil
1 ½ Tbsp	Maple syrup
1 tsp	Salt
2 tsp	Cinnamon
1 tsp	Black pepper, ground
1 tbsp	Fresh rosemary, chopped

Directions:

1. Preheat oven to 400 degrees F and grease baking sheet (this can be lightly with liquid oil or nonstick spray).
2. Prepare and cut the butternut squash.
3. Whisk together the olive oil, maple syrup, salt, cinnamon, and pepper in a large bowl.
4. Add the butternut squash to the mixture and toss until all cubes are evenly coated.
5. Evenly spread the coated squash on the greased baking sheet. Be sure that the squash does not over-lap. Consider using a second pan if needed.
6. Place pan in the oven. If two pans, place one pan on top rack and one on bottom. Bake for 30 minutes. At the halfway point, take pans out of the oven to flip the squash cubes. If using two pans, switch the pans' positions (top rack to bottom rack and vice versa).
7. Remove and sprinkle with fresh rosemary. Serve and enjoy!!

Servings: 5 servings
 Serving size: 1 serving (285 g)

Maple Cinnamon Butternut Squash		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	164.2 kcal	8 %
Total Fat	4.3 g	7 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	483.5 mg	20 %
Total Carbohydrate	33.7 g	11 %
Dietary Fiber	9.4 g	38 %
Sugars	9 g	
Protein	2.6 g	5 %
Vitamin A	608 %	Vitamin C 69 %
Calcium	13 %	Iron 10 %

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

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