

Simple Roasted Butternut Squash



Butternut squash is so good on its own, that barely any seasoning is needed. This recipe is so simple and easy.

Prep: 15 mins

Cook: 25 mins

Total: 40 mins

Servings: 4

Yield: 4 servings



Ingredients

1 butternut squash - peeled, seeded, and cut into 1-inch cubes

2 tablespoons olive oil

2 cloves garlic, minced

salt and ground black pepper to taste

Directions

Step 1

Preheat oven to 400 degrees F (200 degrees C).

Step 2

Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.

Step 3

Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

Nutrition Facts

Per Serving:

177 calories; protein 2.6g 5% DV; carbohydrates 30.3g 10% DV; fat 7g 11% DV; cholesterolmg; sodium 10.6mg.