

Roasted Butternut Squash Recipe



PREP TIME:
5 MINUTES

COOK TIME:
10-12 MINUTES (325 DEGREE OVEN)

TOTAL TIME:
15 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 6-8 Side Dish Servings

Ingredients:

- 20 oz. Package Chopped Organic Butternut Squash
- ¼ Red Onion – Chopped into Chunky Pieces
- 1 ½ TBSP – Extra Virgin Olive Oil
- 1 TSP Salt (Himalayan Sea Salt Recommended)

Instructions:

1. Preheat oven to 425 degrees.
2. Place squash and onion in large bowl.
3. Sprinkle with salt and blend in olive oil. Mix lightly with large spoon until all covered.
4. Spray bottom of baking sheet lightly (olive oil spray or pour olive oil on paper towel and lightly coat bottom of pan)
5. Spread out squash bowl contents on baking sheet – evenly distributed.
6. Roast for 10-12 minutes until fork goes through squash easily.
7. ***Serving Suggestions:*** Side dish with favorite protein dish / drizzle on top of a green salad

***Try and use all organic ingredients if possible.**

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