

Roasted Butternut Squash

Ingredients

- 1 cup butternut squash
- 1/2 tsp garlic, minced
- 1/4 tsp rosemary
- 1/8 tsp vegetable oil
- 1/8 tsp kosher salt

Directions

1. Peel and medium dice squash.
2. Combine squash, garlic, rosemary leaves, oil, and salt in a large bowl. Toss until vegetables are fully coated.
3. Place in a single layer on a baking sheet lined with parchment paper. Roast in 400° F oven for 30 minutes or until tender.

Notes

Number of Portions: 4

Serving Size: 1/4 cup

Nutrition Facts: 18 calories, 0.18 g fat, 0.03 g saturated fat, 48 mg sodium, 4.21 g carbohydrate, 0.71 g fiber, 0.8 g sugar, 0.37 g protein

