

Roasted Butternut Squash

Makes 4 servings at ¾ cup each

- 2 pounds butternut squash
- 1 tablespoon vegetable oil
- 1 teaspoon thyme
- 1 teaspoon sage
- 1 teaspoon salt

Non stick cooking spray

Pre-heat oven to 425 F. Peel squash with vegetable peeler and cut in half lengthwise. Remove seeds and cut squash in cubes.

In a bowl toss squash with oil and seasonings until well coated.

Spray a cookie sheet or roasting pan with non stick cooking spray and spread squash cubes in a single layer.

Bake for 45 minutes or until tender.

Serve warm.

Source: *Network for a Healthy California*, 2008.



Funded by the USDA's Food Stamp Program,
an equal opportunity employer and provider.
Tulare County Office of Education
Jim Vidak, County Superintendent of Schools



Roasted Butternut Squash

Makes 4 servings at ¾ cup each

- 2 pounds butternut squash
- 1 tablespoon vegetable oil
- 1 teaspoon thyme
- 1 teaspoon sage
- 1 teaspoon salt

Non stick cooking spray

Pre-heat oven to 425 F. Peel squash with vegetable peeler and cut in half lengthwise. Remove seeds and cut squash in cubes.

In a bowl toss squash with oil and seasonings until well coated.

Spray a cookie sheet or roasting pan with non stick cooking spray and spread squash cubes in a single layer.

Bake for 45 minutes or until tender.

Serve warm.

Source: *Network for a Healthy California*, 2008.



Funded by the USDA's Food Stamp Program,
an equal opportunity employer and provider.
Tulare County Office of Education
Jim Vidak, County Superintendent of Schools



Roasted Butternut Squash

Makes 4 servings at ¾ cup each

- 2 pounds butternut squash
- 1 tablespoon vegetable oil
- 1 teaspoon thyme
- 1 teaspoon sage
- 1 teaspoon salt

Non stick cooking spray

Pre-heat oven to 425 F. Peel squash with vegetable peeler and cut in half lengthwise. Remove seeds and cut squash in cubes.

In a bowl toss squash with oil and seasonings until well coated.

Spray a cookie sheet or roasting pan with non stick cooking spray and spread squash cubes in a single layer.

Bake for 45 minutes or until tender.

Serve warm.

Source: *Network for a Healthy California*, 2008.



Funded by the USDA's Food Stamp Program,
an equal opportunity employer and provider.
Tulare County Office of Education
Jim Vidak, County Superintendent of Schools



Roasted Butternut Squash

Makes 4 servings at ¾ cup each

- 2 pounds butternut squash
- 1 tablespoon vegetable oil
- 1 teaspoon thyme
- 1 teaspoon sage
- 1 teaspoon salt

Non stick cooking spray

Pre-heat oven to 425 F. Peel squash with vegetable peeler and cut in half lengthwise. Remove seeds and cut squash in cubes.

In a bowl toss squash with oil and seasonings until well coated.

Spray a cookie sheet or roasting pan with non stick cooking spray and spread squash cubes in a single layer.

Bake for 45 minutes or until tender.

Serve warm.

Source: *Network for a Healthy California*, 2008.



Funded by the USDA's Food Stamp Program,
an equal opportunity employer and provider.
Tulare County Office of Education
Jim Vidak, County Superintendent of Schools

