

Orange Maple Glazed Butternut Squash

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Servings: 6

*4 cups butternut squash,
peeled and cubed
zest of one orange
juice of one orange
2 tablespoons extra-virgin
olive oil
2 tablespoons brown sugar
Kosher salt (to taste)
freshly ground pepper (to
taste)
1 tablespoon maple syrup
fresh parsley (for serving)*

Preheat the oven to 400 degrees.

Peel the butternut squash. Cut in half. Dice the squash cubes.

Place the squash on a large sheet pan. Drizzle with olive oil. Season with salt and pepper. Toss to combine.

Roast for 20 minutes, tossing gently after 10 minutes.

Meanwhile, in a bowl, mix the orange juice, brown sugar and syrup. Drizzle over the squash. Return the squash to the oven.

Roast for an additional 10 minutes.

Remove the squash to a serving dish. Garnish with orange zest and parsley.

Serve warm.

Per Serving (excluding unknown items): 102 Calories; 5g Fat (37.9% calories from fat); 1g Protein; 16g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Fat; 1/2 Other Carbohydrates.