

Roasted Squash with Almonds and Cranberries

J. M. Hirsch - For The Associated Press
Palm Beach Post

Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 1 hour

2 pounds butternut squash, peeled, seeded and cut into 1-inch chunks

2 pounds carrots, peeled and cut into 1-inch chunks

1/4 cup olive oil

2 teaspoons fresh thyme, chopped

1 teaspoon garlic powder

1 teaspoon cumin

Kosher salt

ground black pepper

1/3 cup almond slivers

1/2 cup dried cranberries

zest of one lemon

Preheat the oven to 350 degrees.

Line a rimmed baking sheet with foil.

On the baking sheet, combine the squash and carrots.

Divide the oil over the vegetables. Use your hands to mix until evenly coated.

Sprinkle the thyme, garlic powder and cumin over the squash and carrots. Mix well. Season with salt and pepper.

Roast for 30 to 40 minutes or until the vegetables are tender inside and lightly browned and crisp outside.

Add the almonds and cranberries. Toss well. Transfer to a serving bowl.

Top with the lemon zest. Taste and adjust the seasoning.

Per Serving (excluding unknown items): 180 Calories; 10g Fat (46.2% calories from fat); 3g Protein; 23g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 40mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 2 Fat.