

Roasted Butternut Squash

A great complement to your dinner this winter season!

Ingredients

Cooking spray

1 spray(s)

Uncooked butternut squash

2¼ pound(s), fresh, peeled, cut into 1-inch chunks

Uncooked red onion(s)

1 medium, halved and thinly sliced

Olive oil

1 Tbsp

Garam masala

1 tsp

Kosher salt

½ tsp

Black pepper

⅛ tsp, freshly ground, or to taste

Cilantro

3 Tbsp, fresh, chopped



Directions:

1. Preheat oven to 400°F. Coat a large nonstick baking sheet with cooking spray.
2. Place squash and onion on prepared baking sheet; drizzle with oil and toss to coat. Sprinkle with garam masala, salt, and pepper; toss to coat.
3. Roast, tossing about halfway through cooking, until squash and onions are tender and slightly browned, about 25 minutes.
4. Transfer vegetables to a serving platter or bowl and sprinkle with cilantro; toss to coat.
5. Serving size: about ¾ cup