

Simple Roasted Butternut Squash

- 1 butternut squash – peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and ground black pepper to taste



Directions

- **Step 1:** Preheat oven to 400 degrees F.
- **Step 2:** Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.
- **Step 3:** Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

You can be creative and add acorn squash or any other vegetables to the roasting process. Add seasons to your liking and perhaps top it off with some grated cheese.

All the fruits & vegetables in our produce boxes come from local farmers:

- This week we have:
- Fuyu Persimmon fruit, Asian Pears, Plums Butternut Squash, and Acorn Squash!



Nutrition Facts

servings per container	
Serving size	(187g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 880mg	38%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 1mg	6%
Potassium 645mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.