

Roasted Butternut Squash with Sage



Ingredients:

- 1 Butternut Squash, peeled and cubed
- 4-5 leaves of fresh Sage
- 2 Tablespoons olive oil
- Salt & Pepper to taste

Directions:

- Preheat oven to 400 degrees F
- Mix butternut squash cubes, sage, olive oil, salt and pepper until well coated.
- Spread mixture onto parchment paper on baking sheet pan.
- Bake in preheated oven until squash is caramelized and golden brown, 30-45 minutes.

Nutrition Facts:

Servings: 6

Calories: 136, Fat: 4.7g, sodium 62mg, Potassium 741mg, Fiber 4.3g, Protein 2.2g, also contains Vitamin A, Vitamin C, Calcium, Iron, Niacin, Magnesium, Folate