

Makes: 6 servings (3/4 cup per serving)



Serving Size: 6 (3/4 cup per serving)

Ingredients:

- ♥ 3lbs. butternut squash peeled, seeds and cut into 1" cubes
- ♥ ½ Tbsp. D'Avolio Extra Virgin Olive Oil
- ♥ 1 ½ tsp. ground cumin
- ♥ 1 tsp. ground coriander
- ♥ ¼ tsp. cayenne pepper
- ♥ Freshly ground pepper
- ♥ D'Avolio Balsamic

PREPARATION:

1. Preheat the oven to 425 degrees.
2. In a large bowl, toss the squash with olive oil, cumin, coriander, cayenne and black pepper.
3. Spread the squash onto a baking sheet in a single layer
4. Roast in the oven for about 40 minutes or until tender and lightly brown; toss half-way through cooking.
5. Transfer to a bowl, drizzle with balsamic to finish and serve.

Nutrition Facts			
Serving Size: 1 serving (3/4 cup)			
Servings: 6			
Amount Per Serving			
Calories	120	Calories from Fat	15
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0g		1%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	27g		9%
Dietary Fiber	5g		20%
Sugars	5g		
Protein	3g		
Vitamin A	480%	Vitamin C	80%
Calcium	10%	Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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