

Honey Roasted Butternut Squash with Cranberries and Feta

Ingredients:

- 3 pounds large butternut squash, peeled and chopped
- 1/4 cup finely crumbled feta
- 1–2 tablespoons extra virgin olive oil
- Salt, pepper, and garlic powder to taste
- 1–2 cups fresh cranberries
- Ground cinnamon to taste
- 2–3 tablespoons honey
- Fresh or dried parsley to garnish, optional

Directions

1. Pre-heat oven to 400 °F.
2. Lightly drizzle or spritz a baking sheet with olive oil.
3. Add cubed squash to baking sheet along with another drizzle of olive oil.
4. Sprinkle with a light layer of salt, pepper, and garlic powder, to taste.
5. Roast at 400 °F for 25 minutes on the center rack.
6. At the 25 minute mark, pull out oven rack and add your fresh cranberries to the roasting pan.
7. Return to the oven for 10 – 15 minutes or until the cranberries have started to soften and burst a bit.
8. Remove from oven and add a sprinkle of cinnamon, to taste, along with feta and honey.
9. Garnish with parsley.

Nutrition Facts

Serving Size (162g)

Servings Per Container 6

Amount Per Serving

Calories 140 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **12%**

Sugars 9g

Protein 3g

Vitamin A 270% • **Vitamin C** 50%

Calcium 8% • **Iron** 6%

*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	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

