

SWEET & SPICY ROASTED BUTTERNUT SQUASH

Butternut squash is a fantastic low-carb alternative to sweet potatoes or other root vegetables you may be craving, and while you can find them year-round, Fall is really when they are at peak flavor and sweetness. Don't be deterred by the thought of peeling or preparing this versatile autumn favorite. You can find plenty of videos on YouTube to walk you right through it! The outer peeling can be tough, so a sharp knife is necessary (easier than a vegetable peeler). Many find that microwaving the squash for 3-4 minutes can make it much easier to peel and dice – plus it cuts down cooking time. Just be sure to pierce the peel in multiple places with a knife or fork first to let the steam escape. Careful, as it will be hot on the outside! Add more or less spice or eliminate one altogether to fit your tastes. One serving is 1 cup and covers your vegetable and 1/2 fat for one meal.



INGREDIENTS

- 1 large butternut squash, peeled and diced into 1-inch cubes
- 2-3 Tbsp avocado oil (start with 2, add more if needed)
- 1/2-1 tsp ground cumin (to taste)
- 1 tsp ground cinnamon
- 1/2-1 tsp ground ginger
- 1 tsp Pink Himalayan salt
- 1/8-1/4 tsp cayenne pepper (to taste or optional)
- Freshly ground black pepper (to taste)

INSTRUCTIONS

Preheat oven to 425°F. Line a large baking sheet with parchment paper.

Mix the cumin, cinnamon, ginger, salt & pepper in a small bowl and set aside.

In a large bowl, add the diced butternut squash and oil, combining well. Sprinkle the spices over the squash and mix thoroughly until it is evenly coated.

Roast for 20 minutes. If caramelizing, give it a stir and roast for another 20 minutes. If not caramelized, you may want to leave it for 30-40 full minutes until nicely browned. Squash should be tender, but not mushy.

You can also add a 1/2 Tbsp Kerry Gold butter to top your squash for added richness.