

recipe of the week:

Simple Roasted Butternut Squash

Wishing You
Healthy Holidays



ingredients:

1 butternut squash-peeled, seeded & cut into 1" squares

2 tbsp. olive oil

2 cloves garlic, minced

Salt & ground black pepper

directions:

1. Preheat oven to 400°

2. Toss butternut squash with olive oil & garlic

3. Season with salt & black pepper

4. Arrange on baking sheet

5. Roast until squash is tender & lightly brown for 25-30 minutes

Presented by:

