



## **Butternut Squash**

### **Ingredients:**

- 1 butternut squash
- 2 Tbsp olive oil
- 1/4 tsp salt
- 1 tsp. brown sugar or maple syrup (optional)

### **Instructions:**

1. Preheat oven to high (400 degrees Fahrenheit).
2. Wash the butternut squash and dry it off.
3. Carefully halve it with your chef's knife. If this is too difficult or bothersome, you can microwave the squash on high heat for 5 minutes to soften it - then try again and use a smaller knife.
4. Use a spoon to scrape out the seeds and place the two halves in the baking dish, flesh side up. Drizzle olive oil on each half. Use a basting brush (or your fingers) to evenly spread the oil.
5. Sprinkle with salt and sugar (if using) and cover baking dish with tinfoil. Place in oven.
6. After 25 minutes, remove cover and turn heat setting to 450 degrees. Cook for an additional 5-10 minutes or until squash is slightly browned and soft. Remove from oven, let cool for 5 minutes, scoop flesh on plate and enjoy.

*Compliments of Fooducate*