



ROASTED BUTTERNUT SQUASH

Serves 4-6 as a side

See [training video](#) for safe and efficient cutting method.

INGREDIENTS

1 medium (about 2 lbs.)
butternut squash, whole
½ tsp. onion powder

½ tsp. basil, dried
¼ tsp. salt

¼ tsp. ground black pepper
1 ½ TBSP. olive oil

INSTRUCTIONS

1. Preheat oven to 400°F.
PRO TIP: line a sheet pan with parchment paper or foil for easy clean up.
2. Wash squash by scrubbing with a vegetable brush under running water. **PRO TIP:** Place squash in a colander while washing.
3. Using a paring knife, shallowly pierce the squash down the length of the squash on two sides.
4. Microwave for 2 minutes. Let rest for 30 seconds and microwave for another 2 minutes. Wait approximately 5 minutes to let squash cool before handling.
5. While squash cools, make the spice blend. Mix together onion powder, basil, salt, & pepper. Set aside.
6. Peel the cooled squash. Cut into 1"x 1" pieces. See video: <https://www.youtube.com/watch?v=QXaUwc5sjp8>
7. Distribute squash evenly onto pans being careful not to overcrowd.
8. Drizzle pieces with olive oil. Stir to coat evenly.
9. Sprinkle evenly with seasoning blend. Stir to coat.
10. Roast in oven for 20-30 minutes or until squash is fork tender, but not soggy.