



Holiday Roasted Butternut Squash

Developed by Chef Kelly Lucarelli, Portland, Ore.

Serves: 6, 3/4 cup per serving

Prep time: 10 minutes

Cook time: 40 minutes

Ingredients

- 2 pounds butternut squash
- ¼ cup walnuts
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 Tablespoon butter or canola oil
- ¼ cup dried cranberries
- 1 ½ Tablespoons maple syrup

Directions

1. Preheat oven to 375°F.
2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut both ends into ¾-inch, even-sized cubes.
3. Coarsely chop walnuts. Set aside.
4. In a large bowl, add squash. Toss with oil, sage, salt, and ground black pepper.
5. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
6. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.

Materials

- Sharp knife
- Cutting board
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Baking sheet
- Small skillet
- Spoon
- Peeler

Chef's notes

- To make flavors pop even more, stir in 1 Tablespoon cider vinegar along with the cranberry mixture.
- You can use fresh sage instead of dried. Leave out dried sage in step 4. Roll 4 fresh sage leaves into a log shape and thinly slice. Cook fresh sage in butter or oil along with the walnuts in step 6.
- Use pecans or hazelnuts in place of walnuts. Try using raisins or dried cherries for the cranberries.

Nutrition Facts	
Serving Size 3/4 cup (176g)	
Servings Per Container 6	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	4%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 3g	
Vitamin A 330%	Vitamin C 50%
Calcium 10%	Iron 8%
*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	