

Sweet and Savory Butternut Squash



Ingredients:

- 1 butternut squash
- ¼ cup olive oil, divided in two
- (savory spices) small pinch of each of the following spices: cumin, coriander, cayenne pepper, salt and pepper
- (sweet spices) large pinch of each of the following spices: cinnamon and nutmeg

1. Preheat oven to 400 F.
2. Cut off both ends of the squash and then peel.
3. Cut the squash lengthwise in half and scoop out the seeds.
4. Cut the squash into small cubes.
5. Divide squash in half. Place half of the squash in a bowl and pour in half of the olive oil. Add savory spices and stir until well coated.
6. Place squash on a baking sheet, making sure pieces are laid flat.
7. Place other half of the squash in a bowl and pour in remaining olive oil. Add sweet spices and stir until well coated.
8. Place on other half of the baking sheet making sure pieces are laid flat
9. Place in the oven for 15–20 minutes or until squash can be easily pierced with a fork.