



Spice Roasted Vegetables

Directions:

1. Preheat oven to 375F.
2. Toss vegetables with spices and olive oil. Put on sheet pan in single layer and roast until tender and slightly browned, about 40-45 minutes.

Nutrition Facts: 53 cal, 2 g fat, 9 g carb, 1 g pro, 49 mg Na+, 2 g fiber

Ingredients:

1/2 red onion, sliced
1/2 red bell pepper, sliced
1 sweet potato, peeled and cubed
1 small butternut squash, cubed
1/2 teaspoon cumin
1/4 teaspoon coriander
1/4 teaspoon cinnamon
1 Tablespoon olive oil

Yield: 4 servings

Time: 1 hour

How to Prepare Butternut Squash

Butternut squash can be difficult to work with as it is a very dense vegetable. Be safe by practicing proper knife safety. You can also purchase frozen, diced butternut squash from most grocers.

1. To make peeling easier, pierce a few times with a fork, then microwave for 2 minutes. This will soften the skin connection and make the peeling easier.
2. Slice the squash in half, just where the thinner end begins to widen around the middle. This will make the squash easier and safer to handle.
3. Peel the squash using a vegetable peeler or a paring knife.
4. Scoop out the seeds with a spoon (save for roasting if possible—they are delicious!)
5. Cube the squash into desired sized pieces.