

Roasted Butternut Squash



Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Serves 4

Learn how to roast butternut squash perfectly every time! Serve it as a simple side dish, or add it to salads, bowls, soups, and more.

Ingredients

- 1 butternut squash, peeled, seeds scooped, and cubed
- Extra-virgin olive oil, for drizzling
- Sea salt and freshly ground black pepper
- Chopped parsley, optional, for garnish

Instructions

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper.
2. Place the squash cubes on the baking sheet and toss with a drizzle of olive oil and pinches of salt and pepper. Roast 30 to 35 minutes or until golden brown around the edges.

Equipment



Baking Sheets Extra-Virgin Olive Oil