

How to Roast Butternut Squash – Seven Step Simple Recipe

Squash is pretty much synonymous with fall in my house. Typically, during September we are up to our eyeballs in a bounty of harvest from our garden. Every countertop is stacked with squash, onions, potatoes, carrots, and beets. It's a wonderful and busy time of year. To save time, I stick to simple but tasty recipes.

Image courtesy of Mean Miss Mustard

One of my favorite squashes is the butternut. Butternut squash is a yellow-orange fleshed fruit that has a slightly sweet, nutty flavor. This beautiful fall/winter squash offers a nutrient punch that is just what we need at the season's change. Butternut squash is a great source of vitamin A, vitamin C, calcium, iron, magnesium, and B-6.

One of the easiest ways to prepare this winter squash is to roast it and here I bring you my super simplified recipe. Winter squashes of all sorts will burst with flavor when roasted and all follow a similar preparation.

For this recipe you will need:

- 1 butternut squash
- approx. 1 teaspoon olive oil
- salt and pepper
- optional: grass-fed butter

Simply:

1. Preheat oven to 400°F.
2. Cut off stem side, just about an inch or two into the top side of squash. Discard this piece.
3. Next, cut the squash in half, lengthwise.
4. Scrape out the seeds and set aside.
5. Lightly brush the cut flesh with extra virgin olive oil.

6. Place cut side down on a foil or parchment-lined baking sheet.

7. Bake for 35 minutes or until squash is tender.

Spoon out onto individual plates, season with salt and pepper and add a bit of grass-fed butter if you wish.

A large squash will serve 4 as a side dish.

Other winter squash you might try preparing this way are pumpkin, acorn, and delicata.