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# Roasted Whole Butternut Squash

YMCA of Northern  
Rock County

Servings: 6 (approx. 1/2 cup each)

## Ingredients:

1 whole butternut squash

## Directions:

Step 1 - Preheat your oven to 425°F. Line a 13x 11 pan with aluminum foil.

Step 2 - Put the squash in the pan. Poke it in 5-6 places with a sharp knife.

Step 3 - Roast until a knife or skewer goes in easily, 60-80 minutes.

It will be a mottled brown and a bit shriveled on the outside.

Step 4 - Remove from oven and cut it in half lengthwise.

Step 5 - Using a spoon, scoop out the seeds and stringy flesh surrounding them.

Step 6 - Scoop out the rest of the flesh or, for a more caramelized flavor, peel the skin off.

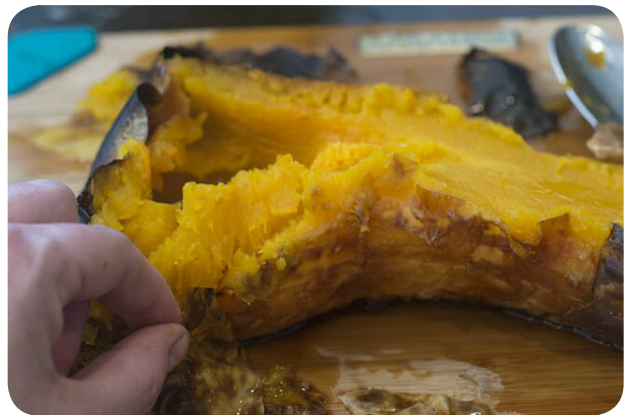
## Nutritional Information:

Calories: 42

Fat: 0.1g

Carbs: 10.9g

Protein: 0.9g



This recipe is provided to you by Y  
Personal Trainer, Kelly Jones

## DID YOU KNOW?

Butternut squash is a great whole food source of vitamin A, potassium, and fiber, but peeling it and cutting it into cubes can be a time-consuming, difficult task.

Fortunately, there's an easier way – roasting the squash whole!

Photo Courtesy of  
<https://cookthestory.com/how-to-cook-butternut-squash-whole/>