

Your Weekly Health-Boosting Recipe!

Roasted Butternut Squash

Ingredients:

- 1 large or 2 small Butternut Squash
- 1/4 cup of olive oil
- 3 cloves of garlic, minced
- 2 Tablespoons chopped fresh sage leaves
(can substitute dried, but use half)
- Salt and freshly ground pepper

Directions:

Preheat oven to 375 degrees F, and line 2 baking sheets with parchment paper. Peel, seed, and dice the squash into 1 inch cubes. Toss the cubes in a large bowl together with the remaining ingredients.

Spread into a single layer on the baking sheets. Roast in the oven until the squash

is tender in the center and the outside is brown and crisp, about 25 to 30 minutes. Remove the squash from the oven, transfer to a serving bowl and serve.



10 minutes prep time
30 minutes cook time

Butternut Squash Quick Facts:

- Tasty and healthy!
- Low in fat, high in fiber
- High in Vitamins A, B6, & C
- Rich in folate & carotenoids
- Full of antioxidants
- Pick ones with a matte skin, not too glossy
- Store in cool, dry, ventilated place - not the fridge!
- Should keep for 3 months in raw form

Fedorko Chiropractic Health Center

4774 Munson St NW Suite 302, Canton, OH 44718 Phone: 330-494-0422
www.FedorkoHealth.com