

Foodnity Recipes

Easy Roasted Butternut Squash Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 medium butternut squash, peeled and cubed
- [ ] 2 tbsp extra virgin olive oil
- [ ] 2 tbsp pure maple syrup
- [ ] 1/2 tsp dried thyme

Seasoning

- [ ] 1/2 tsp sea salt
- [ ] 1/4 tsp cracked black pepper
- [ ] Fresh parsley for garnish

Instructions

1. Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper so you don't have to scrub the pan later—ugh, nobody likes scrubbing pans.
2. In a large mixing bowl, toss your butternut squash cubes with the olive oil, maple syrup, thyme, salt, and pepper. Stir it gently with a spoon or your hands until every piece is coated in that sweet goodness.
3. Spread the cubes out on the baking sheet in a single layer. Make sure they aren't touching too much; give them some space to roast properly.
4. Pop the tray in the oven and bake for 20 to 25 minutes. Halfway through, give the pan a little shake or flip the cubes with a spatula to ensure even browning.
5. Once they are golden brown and tender, take them out. Let them rest for two minutes before sprinkling with fresh parsley and serving.

Nutrition per serving

180 kcal	3 g	22 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you want a deeper flavor, let the squash sit in the marinade for 10 minutes before roasting.
- For a bit of a twist, you can pair this with a squash gratin for a more indulgent meal.
- Always use a sharp knife when cubing the squash—it's dense and can be tricky.