



ROASTED BUTTERNUT SQUASH

PREP TIME: 15 minutes

SERVING SIZE: 1 cup

COOK TIME: 25-30 minutes

SERVES: 8

INGREDIENTS

1 large butternut squash (about 3 pounds), peeled, seeded, and diced into 1-inch cubes*

1 ½ tablespoons olive oil

¾ teaspoon salt

½ teaspoon ground black pepper

PREPARATION

1. Preheat oven to 400 degrees F.
2. Place chopped squash on a sheet pan and drizzle with olive oil, salt, and pepper. Toss well making sure spices and oil are evenly distributed.
3. Arrange squash in one layer and roast squash for 25-30 minutes tossing once midway through cooking.
4. Bake until squash is tender and enjoy!

Kitchen tip: To easily cut squash, first slice the top and bottom off the. Poke holes in the squash using a fork. Using a microwave safe plate, microwave the squash for 3-4 minutes. Let the squash cool slightly. Peel using a vegetable peeler, cut in half scoop out the seeds and chop into 1-inch cubes.

SOURCE

<http://www.foodnetwork.com>

Recipe modified by CHOICES Nutrition Education Program



Nutrition Facts

8 servings per container
Serving size 1 cup (143g)

Amount per serving
Calories 90

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 16g 6%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 68mg 6%

Iron 1mg 6%

Potassium 495mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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CALABAZA MOSCADA ROSTIZADA

TIEMPO DE PREPARACIÓN: 15 minutos

TIEMPO PARA COCINAR: 25-30 minutos

TAMAÑO DE PORCIÓN: 1 taza

PORCIONES: 8

INGREDIENTES

1 calabaza moscada grande (aprox. 3 libras), pelada, sin semillas, y cortada en trocitos de 1 pulgada*

1 ½ cucharada de aceite de oliva

¾ cucharadita de sal

½ cucharadita de pimienta negra molida

PREPARACIÓN

1. Precalentar el horno a 400 grados Fahrenheit.
2. Coloque la calabaza cortada en una bandeja y rociarla con el aceite de oliva, sal y pimienta. Asegurarse que la calabaza este uniformemente cubierta de los condimentos.
3. Organizar la calabaza en una sola capa en la charola para hornear para que se cocine uniformemente. Rostizar de 25-30 minutos, revolviendo la calabaza a la mitad del tiempo.
4. Cocinar hasta que la calabaza este suave y disfrute.

Consejo de cocina: Para poder cortar la calabaza fácilmente, use un tenedor y perforar por afuera. Rebanar la parte de arriba y abajo. Usando un plato seguro para uso de microondas, meter al microondas de 3-4 minutos. Dejar que se enfríe un poco y después cortar la calabaza a la mitad y sacar las semillas.



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FUENTE

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Receta modificada por CHOICES Programa Educativo de Nutrición



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