

# BUTTERNUT SQUASH RECIPES

## SIMPLE BUT DELICIOUS SQUASH

### INGREDIENTS

- 1 large** Squash (butternut)
- Garlic salt
- Non-stick cooking spray

### DIRECTIONS

- 1 Pre-heat oven to 375 F
- 2 Cut off both ends of the squash & then peel off the outer skin
- 3 Cut the squash in serving size pieces & scoop out any seeds that remain
- 4 Pick up each piece & spray all sides with non-stick cooking spray
- 5 Pick up each piece & shake garlic salt over all sides
- 6 Bake for an hour uncovered
- 7 If you like the squash crispier, place on the top shelf for an addition 5 - 10 minutes

## POMEGRANATE GLAZED BUTTERNUT SQUASH

### INGREDIENTS

- 1 lb** Squash (butternut) (cubed in 1/2 inch size)
- 1/4 C** Pomegranate syrup (not juice)
- Olive oil
- Salt & Pepper to taste

### DIRECTIONS

- 1 Pre-heat oven to 400 F & cover a large flat baking sheet with foil
- 2 Mix all ingredients on the sheet & then add the squash
- 3 Coat the squash well & spread the squash leaving spaces between the cubes
- 4 Roast 20 minutes uncovered & stir the squash
- 5 Roast for another 20 minutes uncovered **OR** until the edges & sides are crispy