

# Roasted Butternut Squash & Apples



## Ingredients

- 1 butternut squash, peeled and chopped into ½ inch cubes
- 2 large apples, cored and chopped into ½ inch cubes
- 1 onion, diced
- 3 tbsp olive oil
- 2 tbsp maple syrup
- 1 tsp apple cider vinegar
- 2 tsp thyme
- 2 tsp cinnamon
- Black pepper to taste

**Servings: 8**

**Serving Size: 3/4 cup**

**Nutrition Facts / Per Serving:**

Calories 122, Sodium 5 mg,  
Carbohydrates 20 g, Protein 1 g,  
Potassium 312 mg, Phosphorus 33 mg

## Directions

1. Preheat oven to 375F.
2. In a bowl combine all ingredients (butternut squash, apples, onion, olive oil, maple syrup, apple cider vinegar, thyme, cinnamon, and black pepper).
3. Apply thin layer of oil to large baking sheet.
4. Place all ingredients in bowl to baking sheet.
5. Bake for 45 minutes or until vegetables are tender.



**Nutrition Tip:** Butternut squash is a high potassium vegetable, but this dish uses apples to keep the potassium lower than other winter squash dishes. Be sure to watch your portion size\*\*

 Skill Level: EASY