Roasted Butternut Squash & Apples

Yield: 6 servings  
Total Time: 45 minutes

Ingredients  
1 medium butternut squash  
1 large onion  
2 medium apples  
4 cloves garlic, peeled and smashed  
2 Tablespoons chopped fresh sage or 2 teaspoons dried sage  
3 Tablespoons olive oil or canola oil  
¼ teaspoon salt, or to taste  
Black pepper, to taste

Preparation Instructions  
1. Preheat oven to 425°F.  
2. Peel butternut squash and cut in half lengthwise. Remove seeds and cut into 1-inch thick pieces. Place in large bowl.  
3. Peel and chop onion into 1-inch pieces. Add to bowl with squash.  
4. Core apples and cut into 1-inch pieces. Add to bowl with squash and onion.  
5. Add garlic, sage, oil, salt, and pepper to bowl with squash, onion, and apple. Toss to combine.  
6. Evenly divide mixture onto two baking sheets. Roast until squash is tender and slightly brown, approximately 35 minutes, stirring mixture halfway through.

Nutrition Analysis  
Per serving: 190 calories; 7g fat (1g saturated, 0g trans); 0mg cholesterol; 105mg sodium; 34g carbohydrate (6g dietary fiber; 12g sugar); 2g protein. Vitamin A 400%, Vitamin C 70%, Calcium 10%, Iron 8% Daily Value.

Cost  
Per serving: $1.92