



Roasted Butternut Squash with Sage and Cranberries

1 medium butternut squash
4 tablespoons olive oil, divided
Sea salt and ground pepper
2 medium onions
2 tablespoons chopped sage
4 tablespoons dried cranberries or cherries

Preheat oven to 375 degrees.

Peel squash and cut in half lengthwise. Scoop out seeds from the center and discard. Cut squash into large chunks. Coat with 2 tablespoons of olive oil. Season with salt and pepper to taste and arrange on a parchment-lined baking sheet. Bake for about 30 minutes, or until well caramelized.

Peel onions and cut into large chunks. Coat with remaining 2 tablespoons of olive oil. Season to taste with salt and pepper and spread on a second lined baking sheet. Bake for about 20 minutes, or until well caramelized. When squash and onions are done, toss with sage and cranberries. Serve immediately.

Makes 4-6 servings.

Per Serving:

210 Calories

11g Total Fat (1.5g Saturated Fat)

29g Carbohydrates

2g Protein

0mg Cholesterol

6g Total Fiber

240mg Sodium