

MOT more of this
LOT less of that

Baked Butternut Squash

Perfect as side dish to chicken, turkey, beef or pork, butternut squash is full of vitamins A, C and K.

Serves: 4 side dish

Prep and Cook time: 60-70 minutes

Ingredients

- 1 large butternut squash
- Water
- Sea salt, pepper

Directions

1. Preheat oven to 400 degrees F.
2. Wash skin well.
3. Cut length wise (you will need a sharp knife) and scoop out the seeds and stringy flesh.
4. Put both halves cut side down in about an inch of water.
5. Bake at 400 degrees for about an hour; you will know it is done if it is soft when you stick a fork into the flesh.
6. Serve warm or room temperature. Season as desired with sea salt and pepper.

Mary-Beth says: *"This is a favorite fall recipe: easy, delicious and nutritious."*