Did you know? All fruits and vegetables can be purchased with SNAP Benefits
Find out more at: www.urbanharvest.org/famers-markets/SNAP
**SPICED BUTTERNUT SQUASH**

**INGREDIENTS**
- 1 medium butternut squash
- 1 T spice mix
- 1 T olive or avocado oil

**INSTRUCTIONS**
1. Preheat oven to 375°
2. Cut the squash lengthwise and remove & discard the seeds and pulp
3. Place squash in a baking dish (or on a cookie sheet) that has been sprayed with non-stick cooking spray
4. Rub oil over each half of the squash
5. Sprinkle the spice mix evenly over the butternut squash
6. Roast, uncovered for approximately 45 minutes – or until fork tender. Note that time will vary depending on the size of the squash
7. Scoop out of skins and enjoy!