



# HEALTHY FOOD IN A **SNAP**

SPICED BUTTERNUT SQUASH



Did you know? All fruits and vegetables can be purchased with SNAP Benefits

Find out more at: [www.urbanharvest.org/famers-markets/SNAP](http://www.urbanharvest.org/famers-markets/SNAP)



# SPICED BUTTERNUT SQUASH

## INGREDIENTS

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



BAKE



CUT



SCOOP

## 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!