



Honey Roasted Butternut Squash with Cranberries and Feta

Ingredients

- 1 large butternut squash
- A hearty drizzle of olive oil (1–2 T)
- Salt, pepper, and garlic powder
- 2 cups of fresh cranberries
- 2–3 Tablespoons of honey
- ¼ cup of feta cheese
- Ground cinnamon to taste
- Fresh or dried parsley to taste

Directions

Pre-heat oven to 400°. Lightly drizzle baking sheet with olive oil. Add cubed squash to the sheet along with another drizzle of olive oil. Sprinkle with a light layer of salt, pepper, and garlic powder, based on preference. Roast for 25 minutes on the center rack. At the 25 minute mark, pull out the oven rack, and add your fresh cranberries to the roasting pan. Return to the oven for 10–15 minutes or until cranberries have started to soften and burst a bit, resembling really juicy Craisins® vs. fresh, firm cranberries. Remove from the oven and add a sprinkle of cinnamon, feta, and honey. Garnish with parsley for a burst of color and dig in while it's hot!

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Nutrition Facts

Serves 4

Calories	225
Total Fat	9g
Sodium	385mg
Total Carbohydrates	37g
Dietary Fiber	5g
Sugar	17g
Protein	3g