



November 2006 Recipe of the Month
Heart Path

Roasted Butternut Squash

- 1 medium butternut squash
- 2 medium onions, cut into small wedges, about 1 inch wide (2 cups)
- 3 tablespoons canola oil
- 2 teaspoons salt (optional)
- ½ teaspoon ground nutmeg
- ½ teaspoon dried, rubbed sage
- ½ teaspoon freshly ground pepper
- ½ cup dried cranberries.

Preheat the oven to 400° F. Peel the squash. (A sturdy vegetable peeler works best.) Using a heavy knife, cut the squash in half lengthwise. Scoop out and discard the seeds. Cut the squash into 1-inch cubes, and place in a medium mixing bowl. Add the onions, canola oil, salt, nutmeg, sage and pepper. Mix the vegetables and spices until well coated. Place the squash mixture in a shallow baking pan. Roast until the vegetables are tender and golden brown, about 45 minutes, stirring occasionally. The squash should be firm, not mushy. Remove the pan from the oven and add the cranberries. Toss lightly to blend.

Nutritional information per ¾ cup: calories 150; total fat 7g; saturated fat 0.5g; carbohydrates 21g; cholesterol 0 mg; sodium 630 mg (if used).

This recipe was taken from *The Whole Foods Market Cookbook*.

The recipe seemed to have a lot of salt and was tested without it, which turned out great. The cranberries added a tart flavor that went well with the spices and squash. This can be a nice addition to your Thanksgiving meal. Happy Thanksgiving!

Your Partners in health,
Laura and Candace