

Recipe

Maple Roasted Butternut Squash and Beets

- 1 butternut squash, peeled, seeded and chopped
- 1 large red beet, peeled and chopped
- 3 Tbspn. olive oil
- 1 1/2 tspn. kosher salt
- 2 tspn. ground cinnamon
- 1 Tbspn. pure maple syrup

Preheat the oven to 400°.

Peel and chop the butternut squash and the beet into 1/2" cubes.

Place in a mixing bowl and add oil, salt, cinnamon, and maple syrup.

Toss well and make sure the vegetables are evenly coated.

Put the vegetables on a large baking sheet in a single layer.

Roast vegetables for 40 - 50 minutes, stirring once half-way through roasting.

Place oven on the broil setting for 3 - 5 minutes to crisp the vegetables.

Remove and sprinkle with orange zest, and additional salt if desired.



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