



Featured Recipe

Roasted Butternut Squash, Cranberry, and Feta Cheese Salad:

The sweet and salty taste we all love!

INGREDIENTS:

- 3lbs Butternut Squash, peeled and chopped
- 2 Tbsp Olive Oil
- Salt, Pepper, Granulated Garlic to taste
- 2 cups Fresh Cranberries (Dried Cranberries can be substituted)
- 3 Tbsp Honey
- ¼ cup crumbled Feta Cheese
- Ground Cinnamon to taste

DIRECTIONS:

1. Pre-heat oven to 400 degrees F.
2. Lightly drizzle or spritz a baking sheet with olive oil.
3. Add cubed squash to the sheet along with another drizzle of olive oil.
4. Sprinkle with a light layer of salt, pepper, and garlic powder, based on taste preference.
5. Roast at 400 F for 25 minutes on the center rack.
6. At the 25 minute mark, pull out the oven rack, and add your fresh cranberries to the roasting pan.
7. Return to the oven for 10-15 minutes or until the cranberries have started to soften and burst a bit, resembling really juicy raisins vs fresh firm cranberries.
8. Remove from oven and add a sprinkle of cinnamon (approx. 1/8-1/4 tsp depending on preference) along with feta and honey. I listed the honey measurements I used, but depending on whether you used fresh cranberries or dried, sweeten to taste.
9. Garnish with parsley for a burst of color and dig in while it's hot!

DID YOU KNOW...?

- This vegetable is often used as one of the first foods for babies, since they are tolerated by children because of the taste.
- Australians actually call the butternut squash a butternut pumpkin.
- Butternut Squash is one of the longest keeping vegetables, lasting over 3 months when stored properly
- Did you know that both summer and winter squashes are related to melons like honeydew and watermelon?
- A cup of butternut squash has 582 mg of potassium, more than the amount available in a banana.

