

ORANGE MAPLE-GLAZED BUTTERNUT SQUASH

By Dr. Cindy Tanzar
(Standard/Vegan/Maintenance)

Butternut squash is a favorite Fall vegetable that brings heartiness and a natural sweetness to any recipe. It can be cooked in a variety of ways, but roasting brings out the sweetness to a greater degree. This recipe provides an even greater taste profile by adding orange and maple flavors, which also make for special holiday dishes. The Lakanto Maple Syrup can be found at many local grocery and health food stores or on Amazon.

Makes 4-6 servings. One serving of this recipe equals 1 cup of cooked vegetable and 1/2 fat.



INGREDIENTS

- 1 large butternut squash, peeled and cubed
- 2-3 Tbsp avocado oil
- Zest of one orange or 1/2 tsp. pure orange extract (not flavored)
- 3 Tbsp. Lakanto Maple Syrup (monkfruit sweetener)
- 2 Tbsp Swerve Brown (optional, but good)
- 1/2 tsp. ground cinnamon, optional
- Pink Himalayan salt & freshly-ground pepper, to taste



INSTRUCTIONS

Preheat oven to 400°F. Drizzle avocado oil and salt & pepper over diced butternut squash and spread out onto a large baking pan lined with parchment paper or foil. Roast for 20 minutes.

While squash is roasting, mix the orange zest and Lakanto Maple Syrup together. (You can add cinnamon and Swerve Brown at this time for a brown sugar flavor, but may need to add another Tbsp of avocado oil to be able to pour and mix well). Pour over squash and gently toss. Roast another 10-20 minutes (depending on how roasted you like it).

NOTE

You can always taste and top your squash with a bit more Lakanto maple syrup for more maple flavor.