



SPICED BUTTERNUT SQUASH WITH CRANBERRIES

By Dr. Cindy Tanzar
(Standard, Vegan/Vegetarian Maintenance Plans)

This Fall/Winter recipe is beautiful for your holiday table or delicious any time you can purchase fresh or frozen unsweetened cranberries. The cranberries add a nice tart pop to the sweet and spicy, roasted squash. You can always coat the cranberries in 1-2 teaspoons of Swerve Confectioner if you really don't like any tartness, but the contrast in flavors is delicious.

Makes 7-8 servings. One serving of this recipe is one cup and covers your vegetable for one meal on the standard plan.



INGREDIENTS

One large butternut squash, peeled and cut into bite-sized cubes



2 Tbsp avocado oil
1 tsp. cinnamon (or 1/2 tsp cinnamon & 1/2 tsp nutmeg)
1/2 tsp. Pink Himalayan salt
1/4 tsp. black pepper
1-1/2 to 2 cups fresh cranberries (to your liking)
Feta or Boursin cheese to sprinkle (for maintenance or special occasion only – vegans can use Genesis Vegan Feta Recipe)
Toasted pecan pieces, to lightly sprinkle - optional

INSTRUCTIONS

Preheat oven to 400° F. Lightly grease a 9 x 13 baking pan. In a small bowl, combine the avocado oil, cinnamon/nutmeg, salt, and pepper.

Place the butternut squash in a large bowl and drizzle the spiced oil over it. Mix until all the pieces are coated. Place squash into the baking pan and roast for 25 minutes.

Remove the pan from the oven and add the fresh cranberries, sprinkling them evenly over the top of the squash. Place the pan back into the oven and roast for 10 to 15 minutes, or until cranberries have softened and have burst a bit.

Transfer the squash to a serving dish and sprinkle with feta and pecans, if using.