



Cinnamon Maple Butternut Squash



1/4th of recipe (about 1 cup): 120 calories, 3.5g total fat (0.5g sat. fat), 153mg sodium, 21.5g carbs, 4g fiber, 4g sugars, 1.5g protein

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Prep: 10 minutes **Cook:** 30 minutes



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Ingredients

1 tbsp. olive oil
1 tbsp. maple extract
1 packet no-calorie sweetener (like Truvia)
5 cups (about 1 medium) butternut squash cut into 3/4-inch cubes
Seasonings: cinnamon, salt

Directions

Preheat oven to 400 degrees. Lay a large piece of heavy-duty foil on a baking sheet, and spray with nonstick spray.

In a large bowl, combine olive oil, maple extract, sweetener, 1 tsp. cinnamon, and 1/4 tsp. salt. Using a fork, whisk until uniform. Add squash, and toss to coat.

Distribute mixture onto the center of the foil. Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 30 minutes, or until squash is soft.

Cut packet to release hot steam before opening entirely.

MAKES 4 SERVINGS

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