



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

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.