



Sweet Cinnamon Butternut Squash



1/2 of recipe (about 1 cup): 162 calories, 7g total fat (1g sat. fat), 299mg sodium, 26.5g carbs, 4.5g fiber, 6g sugars, 2g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

3 cups (about 1 lb.) peeled butternut squash cubes, about 1" each
1 tbsp. olive oil
1 tsp. brown sugar
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. salt

Directions

Place squash in a large bowl. Add oil, and toss to coat. Sprinkle with remaining ingredients, and toss to coat.

Place squash in the air fryer. Set air fryer to 380°F. Cook until tender on the inside and lightly browned and crispy on the outside, about 15 minutes, flipping (or giving the basket a shake) halfway through if needed.

MAKES 2 SERVINGS

HG Tip: Cut down prep time by grabbing precubed squash from the produce section. (If you can find it, it's a game changer.)

Oven Alternative: Bake squash at 400°F until golden brown and crispy, about 40 minutes, flipping halfway through.

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