



# Oven Roasted Squash with Apples

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## Ingredients

- 1. medium butternut squash (or any other winter squash)
- 1 – 2 eating apples chopped into ½ inch pieces
- 3 T. fresh chopped herbs (such as sage or thyme)
- 2 T. olive oil
- 1 ½ t. cinnamon
- ½ t. maple syrup



## Instructions

1. Place a rack in the center of the oven and pre-heat it to 400 degrees.
2. Line a backing sheet with parchment paper or aluminum foil.
3. Cut the peeled squash, and the apples, into ½ inch chunks (you can use pre-cut squash to make it even easier) and place them into a large mixing bowl.
4. Sprinkle the squash and apples with the cinnamon, stir.
5. Add the maple syrup and the olive oil and give it another stir.
6. Spread the mixture onto the prepared baking sheet and place it in the oven. Roast for 20 minutes.
7. Remove it from the oven, add the fresh herbs, and toss everything together right on the baking sheet.
8. Place it back in the oven and roast for another 10 minutes, or until the squash and apples are tender.
9. Enjoy!