



# Sesame Roasted Butternut Squash

**Servings**

4

**Calories**

110

**Prep Time**

10 minutes

**Total Time**

50 minutes

**Skill Level**

Easy

## Ingredients

1 (20 ounce) bag Mann's Butternut Squash Cubes

2 tablespoons brown sugar

1 tablespoon soy sauce

1 teaspoon sesame oil, divided

1 clove garlic, minced

1 teaspoon minced ginger

½ teaspoon salt

¼ teaspoon cayenne pepper

2 tablespoons finely chopped green onions

2 teaspoons toasted sesame seeds



## The Method

Preheat oven to 400°F.

In a bowl, toss Mann's Butternut Squash Cubes with maple syrup, soy sauce, half the sesame oil, garlic, ginger, salt, and cayenne pepper. Transfer to a sheet pan and spread in a single layer.

Bake, turning occasionally, for 40 to 45 minutes or until tender and golden brown. Drizzle with remaining sesame oil. Garnish with green onion, and sesame seeds.

### Nutrition Facts

Serving Size: 160g | Servings: 4

#### Amount Per Serving

Calories 110 Calories from Fat 20 | Total Fat 0g (sat fat 0g trans 0g) | Cholesterol 0mg | Sodium 400mg | Total Carbohydrate 24g |

Dietary Fiber 4g | Sugars 8g | Protein 2g | Vitamin A 320% | Vitamin C 50% | Calcium 8% | Iron 8%