

Maple Roasted Butternut Squash and Beets

Prep Time: 15 minutes

Cook Time: 45 minutes

Total Time: 1 hour

Yield: Serves 4 to 6 people

Ingredients:

1 medium butternut squash, peeled, seeded and chopped

1 large red beet, peeled and chopped

1-3 tablespoons grapeseed or olive oil

2 teaspoons [ground cinnamon](#)

1 tablespoon [pure maple syrup](#)

Optional Toppings for Serving:

Zest of 1 orange

Dried oregano

Toasted walnuts

Pistachios



Directions:

1. Preheat the oven to 400 degrees F.
2. Peel and chop the butternut squash and the beet into ½" cubes.
3. Place them in a mixing bowl and add oil, cinnamon, and maple syrup. Toss well using your hands and make sure the veggies are all evenly coated.
4. Lay the vegetables out on a large (or two smaller) baking sheet in a single layer.
5. Roast vegetables for 40 to 50 minutes, stirring once half-way through roasting.
6. Place oven on the broil setting for 3 to 5 minutes in order to crisp up the veggies.
7. Remove from the oven and sprinkle with dried oregano, orange zest, walnuts or pistachios, if desired.