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](https://www.allspice.com/ground-cinnamon)
- 1 tablespoon [pure maple syrup](https://www.orgran.com/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.