

# JA'NIYA'S SWEET 'N' SPICY ROASTED BUTTERNUT SQUASH

## Yield

About 6-8, 1 cup servings



## Ingredients

4 lbs diced butternut squash  
 $\frac{3}{4}$  tsp cayenne pepper  
1  $\frac{1}{2}$  tsp chili powder  
 $\frac{1}{2}$  tsp ground cumin  
1  $\frac{1}{2}$  tsp paprika  
 $\frac{1}{2}$  tsp garlic powder

$\frac{1}{2}$  tsp kosher salt  
 $\frac{1}{2}$  tsp ground black pepper  
3 Tbsp (1  $\frac{1}{2}$  fl oz) honey  
2 Tbsp freshly chopped cilantro OR  
Italian parsley OR thyme (optional)

## Procedure

1. Preheat oven to 400 degrees Fahrenheit.
2. In a small mixing bowl, whisk together cayenne, chili powder, paprika, garlic, salt and pepper.
3. Place diced squash in a large mixing bowl and sprinkle with dry spice mixture, toss with hands until evenly coated.
4. Spray cookie sheet or baking pan with pan spray. Spread diced squash evenly on the pan. Roast 6-8 minutes, until starting to brown. Using a spatula or bench scraper, stir squash and return to oven until lightly browned and tender, an additional 6-8 minutes.
5. Remove from oven and immediately drizzle with honey. Using two (2) spatulas gently toss squash until evenly coated with honey.
6. Transfer to serving dish, sprinkle with freshly cut herbs (optional), and serve hot.

## Allergen Alert

N/A

## Did you know?

Butternut squashes (and most orange squashes) are loaded with vitamin A. A single cup provides more vitamin A than most people need in a day (457% of the daily value, to be exact).