



Roasted Butternut and Caramelized Onion Mash

This delicious side dish is a nutritious option to mashed potatoes. A hint of cayenne and cumin make a savory flavor, or you can try cinnamon and ginger for a sweet variation.

INGREDIENTS:

1 large butternut squash, cut in half, lengthwise
½ cup onion, minced
1 Tbsp unsalted butter
Pinch of cayenne pepper
¼ tsp ground cumin
½ tsp salt (as desired)

PREPARATION:

- Preheat oven to 350 degrees
- Place whole squash in a microwave oven for 2 minutes (to soften)
- Remove both ends of squash and cut evenly down the length
- Place seed-side-down on a baking sheet and roast for 40 minutes or until very soft when pierced with a knife
- Remove from oven, flip squash over to cool, scrape away seeds and skin, place squash in a bowl, fork mash, cover and keep warm
- Heat butter in a 10 inch non-stick skillet until lightly browned
- Add onions and gently cook until caramelized (about 15 minutes on low heat)
- Add squash to the skillet, season and stir to combine

Number of Servings: 6
Serving Size: ½ cup servings
Calories: 50
Fat Grams: 2

