



# Honey Nut Winter Squash

Makes about 6 servings | **Vegetables** • **Protein**

## Ingredients

- 1 large, or 2 small butternut squash
- 1 cup nuts and/or seeds
- 3 Tablespoons canola oil
- 3 Tablespoons honey
- ½ teaspoon salt
- ½ teaspoon black pepper
- Nonstick spray

## Directions

1. Preheat oven to 350°F.
2. Coat a baking sheet with nonstick spray and set aside.
3. Wash the squash. Cut off the top and bottom of the squash on a cutting board.
4. Poke squash with fork or knife in several places. Microwave for 1 minute at a time until it becomes soft enough to cut in half. Remove from microwave and allow it to be cool to the touch before cutting.
5. Cut the softened squash in half. Cut the outer skin off of the squash halves. Scoop out the seeds.
6. Cut the squash into roughly 1-inch cubes.
7. Using a large bowl, mix together the cubed squash, nuts and/or seeds of choice, honey, salt, and black pepper.
8. Spread on a baking sheet coated with nonstick spray.
9. Bake at 350°F for 30-45 minutes or until tender. Stir halfway through the baking time.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

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