

Cinnamon Butternut Squash

Hands-on - 5 min. Oven - 60 min.

Serves 8

Train yourself to make this delicious side dish frequently.
Winter squash is one of the best anti-aging foods around!

Tastes great with:

Mexican LaZonya (page 139)

Preheat oven to 375°.

2 med (2 lbs each) butternut squash

Slice squash in half lengthwise, and scoop out the seeds.

10 sprinkles ground cinnamon

Sprinkle cinnamon into the squash.

Place **cut side down** on a cookie sheet and add about 1/2 cup of water to the pan.
(This helps keep it moist without having to add butter to the squash.)

Bake 1 hour.

Scoop squash out and into a bowl. Mash with a fork.
Sprinkle with additional cinnamon if desired.

(Brown sugar can be added, but taste it first.
Sometimes the squash is so naturally sweet, it doesn't need it!)

Nutrition information for about 1/2 cup mashed squash

Calories	50	Fat	0 g	Fiber	2 g	Sodium	5 mg	Total Carbohydrate	13 g
Calories from Fat	0%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	1 g	Sugars	3 g

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