

SPICE-ROASTED BUTTERNUT SQUASH AND ONIONS

1-SPRAY(S) COOKING SPRAY

2 ¼ POUND(S) OF BUTTERNUT SQUASH, FRESH, PEELED, CUT INTO 1 INCH CHUNKS

1 MEDIUM RED ONION(S), HALVED AND THINLY SLICED

1 TBSP OLIVE OIL

1/2 TSP KOSHER SALT

1/87 TSP BLACK PEPPER, FRESHLY GROUND, OR TO TASTE

3 TSP CILANTRO, FRESH, CHOPPED

INSTRUCTIONS

Preheat oven to 400F, Coat a large non stick baking sheet with cooking spray.

Place squash and onion on prepared baking sheet; drizzle with oil and toss to coat.

Sprinkle with salt and pepper; toss to coat

Roast, tossing about halfway through cooking, until squash and onions are tender and slightly browned, about 23 minutes.

Transfer vegetables to a serving platter or bowl and sprinkle with cilantro; toss to coat. Yield about 3/4 cup per serving.