

Butternut Squash with Baby Spinach
Eileen Feldgus

2 packages (20 oz. each) cleaned and cut butternut squash, cut in 1-inch cubes

2 large red onions, peeled, chopped (about 4 cups)

3 Tbsp. olive oil

Sea salt and cracked black pepper to taste

1 pkg. (6 oz) fresh baby spinach (do not cook)

$\frac{3}{4}$ cup sweetened dried cranberries

Preheat oven to 350 degrees.

1. Combine squash and onions on large baking sheet; drizzle with olive oil. Season to taste with sea salt and pepper; toss lightly.
2. Roast 55 minutes until tender and brown. Toss squash, spinach, and dried cranberries in large shallow serving dish.
3. Serve hot, cold, or room temperature.

Makes 8 cups. – Serves 12

Serving size – 4 oz. contains 100 calories

17 g. carbohydrates

3 g fiber

1 g. protein

4 g. fat

25 mg. sodium.