

Roasted Kabocha Squash with Cinnamon

Simple and delicious (not to mention nutritious) roasted Kabocha squash with cinnamon and olive oil.

Ingredients:

- 1 kabocha squash, cut in half lengthwise, seeds removed, then each half into 3 pieces lengthwise
- 2 Tablespoons olive oil
- Salt
- Regular cinnamon

Instructions:

1. Preheat oven to 400 degrees. Line a baking sheet in foil. Start with the tip of your knives in the center of the squash and cut in half lengthwise, using a rocking motion on the knife to get it through (don't try to yank out the knife though). If it won't go through, gently remove knife, rotate half and cut through the other side the same way. Push the halves apart with your hands. Using a spoon, scoop out the seeds and stringy flesh and discard. Cut each half into 3 wedges (lengthwise).
2. Melt coconut oil in microwave, toss with squash wedges. Season lightly with salt, then sprinkle generously with cinnamon. Bake for 30-35 minutes or until fork tender and browned in places.

Notes:

Store Kabocha in a cool, dry, dark place. They can last up to several months.

You can use any spices you want to season this squash with, or just basic salt and pepper. It's also good with a drizzle of maple syrup.

Yields: 4-6 servings

Each serving provides:

Calories:	102
Fat:	7 g
Saturated Fat:	0 g
Cholesterol:	0 mgs
Sodium:	2 mgs

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