Roasted Brown Sugar Five-Spice Butternut Squash

Description

Easy, fast and delicious!



Summary

Yield: 6
Prep Time: 30 minutes
Category: Vegetables
Cuisine: American
Tags: Brown Sugar Butternut Squash

Ingredients

- 2 lbs Butternut Squash, peeled and cubed
- 3 tbsps butter
- 3 tbsps brown sugar
- 1 tsp Chinese Five-Spice powder
- 1/2 tsp kosher salt

Instructions

1. Preheat oven to 400°. Cover a rimmed baking sheet with foil.

2. In a small sauce pan, melt butter and sugar over low heat. Once mixture is smooth, add five-spice and salt until fully incorporated. Remove from heat.

3. In a large bowl, toss butternut with melted butter mixture. spread out squash evenly on baking sheet. Place in oven and bake for 20-30 minutes or until squash is easily peirced with a fork. (If you have a convection oven it will take less time to achieve the same results.

Notes

Look in the produce section of your grocery store for peeled and cubed butternut squash.