

Gold~N~Honey

by Arcata School District--Sunny Brae Middle School



A side dish of golden sunshine with a drop of honey and spice to make butternut squash extra nice.

Ingredients

6 SERVINGS

Butternut Squash (1.5 lb)
1.5t of Granulated Garlic
1.5t of Ground Cinnamon
1.5t of Sage
.5 t of Salt
.5 t of Pepper
1.5 T of Honey
1 T of olive oil blend

50 SERVINGS

Butternut Squash (12.5 lb)
.25 Cup of Granulated Garlic
.25 Cup of Ground Cinnamon
.25 Cup of Sage
.125 Cup of Salt
.125 Cup of Pepper
1.5 Cup of Honey
olive oil blend (4 oz.)

Preparation

Pre-heat oven to 400 degrees. Cut the squash in half and take out the seeds. Place on a baking sheet put in the oven for 20 minutes. While in the oven, mix the sage,salt,garlic,cinnamon, and pepper in a bowl. Take the squash out of the oven and let cool for a few minutes. Cut the squash into either sections or cubes (skin should fall off at this point). Lightly sprinkle with the oil (we used a pump spray for the 6 serving version) on the cut squash and then lightly sprinkle the mixed spices. You may have some spice mixture left over. Place back in the oven for 10-15 minutes. Take out of the oven and put a drop or two of the honey on each piece. Option: garnish with Parsley.