

Roasted Butternut Squash with a Mustard Vinaigrette



Perfect time of the year for a Squash recipe! Check out this simple Butternut Squash recipe! You will love it!

Ingredients

- 3 small butternut squash and cut into wedges - remove skin and seeds
- 8 shallots wedged
- 4 tablespoons olive oil
- Salt and Pepper
- 1 cup apple cider
- 1 tbs cider vinegar
- 1 tbs whole-grain mustard
- 1/4 cup fresh chopped flat-leaf parsley

Directions:

1. Preheat the oven to 375° F.
2. Disperse the squash and shallots on baking sheets.
3. Toss the vegetables with olive oil and the seasonings in the ingredient list (halved).
4. Roast the vegetables turning a few times until golden brown and tender.
5. While the vegetables roast, Meanwhile, simmer the cider in a small saucepan until reduced to ¼ cup, 12 to 15 minutes.
6. Let cool for about 5 minutes.
7. Whisk in the vinegar, mustard, parsley, the remaining 2 tablespoons of oil, and ¼ teaspoon each salt and pepper.

Finally place the squash and shallots on serving dish and drizzle with the vinaigrette. Your dish is now ready to serve!

Health Benefits : The nutrition of Butternut Squash

- Vitamin A
- Heart and Eye Health
- Blood pressure regulator
- Aids skin health
- Immune boost
- Good source of Fiber