

# Oven Roasted Butternut Squash



**Tip:** Removing the outer skin from the squash is the hardest part of this recipe. After that, this is the most hands free, quickest and easiest, fully flavorful way I've found to cook this kind of squash.

**Preparation Time:** 10-12 minutes

**Cooking Time:** 25-40 minutes, depending on oven temperature and size of cut squash pieces

## Ingredients

(for 4-6)

**1 Butternut Squash** (about 2-3 pounds)  
**Olive or Vegetable Oil**  
**Garlic Salt**  
**Italian Seasoning**  
**Ground Black Pepper**  
**Balsamic Vinegar** (optional)



## Equipment

**Vegetable Peeler**  
**Sharp Knife**

Cutting Board

Teaspoon

Big Spoon

Bowl

Baking Pan

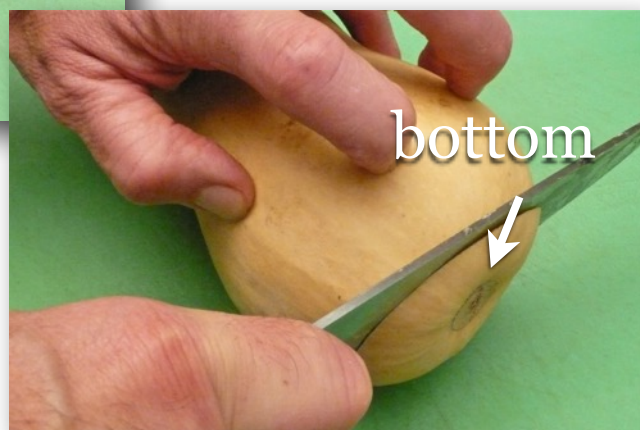
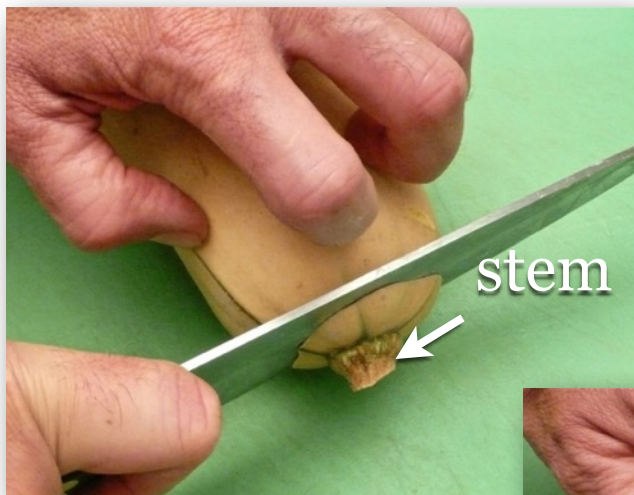
Timer

Potholder



1. Cut off both the **stem** and **bottom ends** of the squash.





2. Use a vegetable peeler to remove the **outer skin** from the **squash**.



3. Make sure the oven rack is set in the middle of the oven, and preheat the oven to 450°F (230°C).



oven rack set in  
middle of oven



4. Lay the **squash** on its side on the cutting board, use curled fingers to hold the **squash** in place, and cut the **squash** in half lengthwise. If cutting is difficult, set the knife as shown here, then...



...push down on the top, flattened side of the knife with the hand you used to hold the squash in place, and drive the knife through the squash.



Scoop out the squash seeds with a teaspoon.





5. Cut the **squash halves** lengthwise into strips  $\frac{3}{4}$  - 1 inch (1.5 - 2.5 cm) wide.



Cut the **squash strips** in cross section into bite-sized cubes again about  $\frac{3}{4}$  - 1 inch (1.5 - 2.5 cm) wide, and...



...scoop the squash pieces into a bowl.



6. Pour on just enough **olive** or **vegetable oil** to coat the **squash** lightly (start with less than you think you'll need: you can always add more later), and...





...add the following:

**light shake (or 1/2 - 1 teaspoon) of garlic salt**



**good shake (or 1 - 1 1/2 teaspoons) of Italian seasoning**



good crunch (or 1 teaspoon) of ground black pepper



light shot of balsamic (or any) vinegar (optional)





7. Stir with a big spoon until the **squash** is evenly coated with **oil** and **seasoning**.



Pour and spread the **squash pieces** on the baking pan so they don't overlap to allow for even roasting.





8. When the oven has warmed to 450°F (230°C), put the **squash** in the oven, and set a timer for 25 minutes.



9. When the timer sounds, check the **squash** for doneness by driving the tip of a sharp knife into **largest squash piece** on the baking pan. The **squash** is done when it is soft throughout, not firm in the middle. If your **squash pieces** are still firm, keep roasting and checking for doneness at 5-10 minute intervals until the **squash** is soft throughout.



10. When the **squash** is done, **CAREFULLY** remove the baking pan from the oven with a pot holder or folded dish towel.



Scoop the freshly roasted butternut squash into a bowl with a big spoon and serve warm.



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