



The Healthy Cook

*Seasonal Recipes Presented by
City Harvest*

Roasted Winter Squash

(Serves 4)

Oven Needed

Ingredients

- 3 pounds of winter squash, cut into 1-inch chunks
- Olive or canola oil
- Salt to taste
- Cinnamon to taste
- Nutmeg to taste

Directions

1. Preheat oven to 375°F and line a baking sheet with foil.
2. Arrange squash chunks in a single layer on prepared baking sheet and drizzle lightly with oil.
3. Then, sprinkle lightly with salt, cinnamon, and nutmeg. Roll around to combine.
4. Roast for about 40 minutes, or until squash is golden brown and tender.
5. Enjoy!

Nutrition Quick-Fact

Squash contains potassium, which is good for a healthy heart.



Through the **Healthy Neighborhoods** programs, City Harvest partners with residents, community organizations, afterschool programs, local businesses, and other stakeholders to achieve a long-term impact in the fight against hunger. Community members who are interested in food justice issues and in bettering their own community are invited to join the **Washington Heights/Inwood Food Council**.