



Mashed Butternut Squash

INGREDIENTS

2 butternut squash, halved and seeded

4 TBS butter

1 TBS ground cinnamon

1 cup water, or as needed

1 tablespoon 100% maple syrup

salt and ground black pepper to taste

DIRECTIONS

Preheat oven to 350 degrees F. Pierce butternut squash skin with a small knife and place cut-side down in a baking dish; pour in enough water for a depth of $\frac{1}{2}$ inch. Cover dish with aluminum foil. Bake in the preheated oven until squash is tender, about 1 hour. Scoop squash into a bowl; add butter, maple syrup, cinnamon, salt, and pepper. Mash mixture using a potato masher or fork until smooth. Makes 8 servings; 250 calories each.