



Healthy Recipe



**REAL FOOD
FIRST**

ROASTED BUTTERNUT WITH APPLES

2 lbs	RI-grown butternut squash, peeled, seeded and cubed	2 tsp	canola oil
2 large	RI-grown Granny Smith, Empire, Cortland or MacIntosh apples, seeded and cubed	2 tsp	ground cinnamon
		3 tbsp	apple cider vinegar
		1/4 cup	RI maple syrup

1. Preheat oven to 400°.
2. Mix butternut squash and apples in a bowl with cinnamon and oil. Toss to combine. Spread mixture on a baking sheet and bake for 20 minutes, or until squash turns golden brown at the edges.
3. In a small bowl, mix vinegar and syrup, pour over squash and apple mixture, and bake an additional 5 minutes. Serve warm.

Nutritional Information

Per serving (8 servings in recipe):

Calories:	117	Vitamin A:	242%
Cal from Fat:	13	Vitamin C:	44%
Total Fat:	1.4 g	Calcium:	7%
Saturated Fat:	0 g	Iron:	6%
Cholesterol:	0 mg		
Sodium:	6 mg		
Carbohydrates:	28 g		
Fiber:	4 g		
Sugar:	14 g		
Protein:	1 g		

Percent Daily Values are based on a
2000 calorie-per-day diet

**GET FRESH.
BUY LOCAL.**

Your purchase of
RI grown and raised foods

SUPPORTS

the local economy,

HELPS

to preserve open space

and **CONTRIBUTES**

to a
sustainable food system.

Please visit us at
www.kidsfirstri.org and www.realfoodfirst.org