

Roasted Butternut Squash with Kale

There are more ways to incorporate kale into your diet than eating it in a salad! The sweet butternut squash perfectly balances the bitter taste of kale!

Ingredients: (Yields 8 Servings)

- 2 tablespoons extra virgin olive oil
- 8 cups butternut squash, cut into 1-inch pieces
- ¼ tsp cinnamon
- ½ tsp salt
- Black pepper, to taste
- 1 shallot, thinly sliced
- 1 tbsp brown sugar
- 4 cups kale, cut in bite-sized pieces
- ½ cup Reduced sugar dried cranberries

Directions:

1. Preheat oven to 350°F and spray baking sheet with non-stick cooking spray. In a large bowl, toss 1 1/2 tbsp of oil with squash, cinnamon, salt, and black pepper. Spread squash onto a single layer and roast for 20-25 minutes.
2. While the squash is roasting, add 1/2 tbsp of oil to a skillet and cook the shallots for 4 minutes or until soft on medium heat.
3. In another bowl, toss brown sugar, kale, and dried cranberries together.
4. In the last 5 minutes of roasting time for the squash, spread the kale mixture on top of the squash and finish cooking until the kale shrinks and wilts.
5. Add in the cooked shallots.

