



Roasted Local Butternut Squash

Family Recipe

Serves 6

Ingredients:

- 1 locally grown butternut squash (about 2 pounds)
- $\frac{3}{4}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon grated nutmeg
- 2 tablespoons brown sugar
- 1 teaspoon kosher salt
- 2 tablespoons canola oil

Directions:

1. Preheat the oven to 425°.
2. Peel squash and cut into 1-2 inch chunks.
3. In a large bowl mix all ingredients together.
4. Spread in a single layer on a cookie sheet.
5. roast 30 to 40 minutes or until the squash is soft and brown around the edges.

For the best flavor, use ingredients in season from a farmers' market or in winter ask at the supermarket for vegetables grown on a local farm.

For more information, email dolcott@challiance.org.

The *Tasty Choices* program, a partnership between Public Health Department nutritionists and the Cambridge Schools' Food Services Department, introduces fresh and appealing foods to school menus. Chef Vin Connelly works with food service staff to develop healthy, seasonal recipes for the city's public schools. The program engages students in taste tests and learning activities. Founding partners are the Cambridge Public Health Department, Cambridge Public Schools, Institute for Community Health, and CitySprouts school gardens. *Tasty Choices* is coordinated by Dawn Olcott, a nutritionist with the Cambridge Public Health Department's School Health Program.

Do 5-2-1 Every Day!

5 servings of fruits & vegetables

2 hours or less of TV/screen time

1 hour of physical activity