

ROASTED BUTTERNUT SQUASH W/COCONUT OIL AND SAGE

INGREDIENTS

1 butternut squash, peeled, seeds removed, and diced

4 tablespoon coconut oil

sea salt

6 fresh sage leaves, thinly sliced or torn

METHOD

Toss chopped squash with coconut oil. Season with salt and toss again. Spread onto a baking pan or dish. Bake at 425° until tender, tossing every few minutes. Add the sage by tossing it with the squash for the last few minutes of baking.