

roasted spiralized butternut squash

SERVES 4

COOK TIME: 45 minutes

4 cups of spiralized butternut squash noodles

2 Tbsp extra virgin olive oil

$\frac{3}{4}$ tsp [homemade Lawry's seasoned salt](#)

$\frac{1}{8}$ - $\frac{1}{4}$ tsp cinnamon

$\frac{1}{4}$ tsp black pepper



PREHEAT oven to 400°F.

PLACE squash noodles onto a large non-coated baking sheet covered in parchment paper.

DRIZZLE olive oil over noodles and toss until thoroughly coated.

SPREAD noodles into a thin layer.

SPRINKLE evenly with seasoned salt, cinnamon and black pepper.

PLACE in the oven and roast for 20 minutes.

REMOVE pan from oven and rearrange noodles, moving darkened outer noodles to the center of pan and vice versa to help them cook evenly.

RETURN pan to oven and cook for about 20-25 minutes more, checking them often until most of the noodles are browning on the outside and tender on the inside. You may rearrange the noodles several times during the cooking process to prevent some from overcooking and others undercooking.

SERVE immediately.

MAKE IT A MEAL: Serve with protein and vegetables of choice and, if desired, seasonal fruit.