

Roasted butternut squash with feta

adapted from [a recipe on Inspired Taste](#)

Ingredients

1 medium butternut squash

2 Tbsp. coconut oil (you can substitute olive oil)

1 Tablespoon + 1 tsp. brown sugar (for sweeter squash, use 2 T)

1/2 tsp. cinnamon

1 tsp. kosher salt

a dash of cumin (only if you like cumin)

feta cheese (how much is up to you--more and it will be more tangy and salty (in a good way), less and it'll be sweeter)

Directions

Preheat the oven to 425 degrees. (An oven thermometer really helps here--I have never had an oven that actually runs 425 when I set it to 425--I always have to set mine lower.)

Peel the butternut squash with a vegetable peeler. Cut it down the middle lengthwise if you can, otherwise cut it in half and then lengthwise. Scoop the seeds out with a soup spoon and discard. Cut the squash into 1" or 1.5" cubes and place in a large bowl. If you're using olive oil, drizzle it over the squash. If you're using coconut oil, heat the oil and drizzle it over the squash. (Use 2 liquid Tablespoons, not 2 solid Tablespoons of coconut oil.) Toss the squash with the brown sugar, cinnamon, salt, and cumin (if using) until it's evenly coated.

Spread the squash in a thin layer onto a baking sheet or two (you can use however many sheets you want, but just make sure that the pan isn't crowded, otherwise the squash will sort of steam instead of caramelize and brown.) Roast for about 40 minutes, stirring part-way through, until the squash is caramelized and tender when pierced with a fork.

Transfer the squash to a bowl and, if serving immediately, toss with feta to taste. If you're not serving it immediately, wait to add the feta.