Preheat oven to 400 degrees and either line baking sheet with parchment paper or spray with non-stick cooking spray.

Cut off stem and bottom of butternut squash, then use a peeler to remove the skin and green lines.

Cut butternut squash in half where it begins to curve and slice each half lengthwise.

Scoop out the seeds.

Chop each fourth into 1 inch pieces.

Transfer to a mixing bowl and drizzle in olive oil and seasonings, then mix.

Transfer squash to the baking sheet and cook for 20 minutes.

Flip squash over and continue to roast for another 10-20 minutes, or until fork tender.

If you would like it more browned, set the oven to broil for 1-2 minutes, make sure to keep a close eye on the oven so you don't burn it!

Recipe Notes:
You can use whatever spices and herbs you'd like! Other common herbs include rosemary, thyme, and sage. For more of a sweet flavor, which compliments the butternut squash nicely, you could just use 1/2 tsp cinnamon and 2 TBSP of brown sugar or maple syrup.

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