

Roasted Butternut Squash

1 medium butternut squash (would also work with pumpkin, potato, etc)

Olive oil

Balsamic vinegar (or vinegar of your choice)

Leaves from a sprig or two of rosemary (or use about a tablespoon of dried rosemary)

Sea salt (optional)

Preheat oven to 375F degrees.

Peel, deseed and cube the squash into small cubes (about 2cm). Toss in olive oil, spread on a baking tray and roast for about 40 minutes.

Mix 1-2 tablespoons of vinegar with the chopped rosemary. Drizzle over the squash on the tray while it is still really hot, and toss to combine. Continue to bake for 5 minutes, then serve seasoned with sea salt if desired.

You can stop here and serve as a side (or if there are leftovers) you can blend with chicken or vegetable stock to make a delicious Roast Butternut Squash soup, just vary the quantity of stock to get the consistency you like (add a little milk or cream for added richness).