

OCTOBER  
**TEACHING  
KITCHEN**

# VIRTUAL WELLNESS SERIES

## Teaching Kitchen Sessions

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Enjoy a hands-on demonstration of the healthy recipe below and discover more!



**April**  
Rozzo, MS, RD, CSO, LD/N

## ROASTED BUTTERNUT SQUASH WITH CRANBERRIES

### Ingredients/Shopping List

- 1 pound peeled and cubed butternut squash
- 1 cup fresh cranberries
- 2 tablespoons melted butter
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 tablespoons orange juice (or 1 orange, juiced)
- 1 tablespoon maple syrup
- Pinch of salt

### Instructions

1. Preheat oven to 425°F. Add squash and cranberries to a large mixing bowl. Mix melted butter, spices, orange juice, maple syrup and salt. Pour over the squash mixture and toss to coat.
2. Pour mixture into a baking dish and roast for 40 minutes, mixing halfway through, until squash is fork tender.
3. Serve immediately.