



*Robin Barrie*  
NUTRITION COUNSELING | PERSONAL TRAINING

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## Roasted Squash Medley

### INGREDIENTS

2 Peeled and Chopped Butternut Squashes  
2 sliced white onions  
1 chopped Zucchini  
1/3 cup Extra Virgin Olive Oil  
1 Tbs Salt  
1 Tbs Pepper

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**YIELD: 5 SERVINGS**

### PREPARATION

- 1 Chop up vegetables, squash should be in cubes.
- 2 Place all vegetables in a bowl, add olive oil and spice; mix.
- 3 On a baking sheet, lay out the vegetables.
- 4 Grill or bake at 375°F for 20 minutes. Vegetables should be tender.

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