Butternut Squash Casserole

Butternut squash is a member of the pumpkin family and has a wonderful rich flavor. It is a rich source of fiber, potassium, beta carotene (which is converted to vitamin A), vitamin C, B6, and folate. Butternut squash is healthy for your heart, bones, nervous, and immune system. It also has natural anti-inflammatory effects due to its high anti-oxidant content.

1 small Butternut Squash peeled, halved, seeded, and thinly sliced

1 small red onion, thinly sliced

1/3 cup unsweetened apple cider

2 Tbsp. grapeseed oil

2 Tbsp. grade B maple syrup

¼ cup of toasted slivered almonds

Preheat oven to 350 degrees. Combine squash and onion in a 9x13 casserole dish. In a small bowl combine apple cider, oil, and syrup; pour over squash. Top with Almonds. Cover dish with foil and bake for 45 minutes or until tender.

