
Foil-wrapped baked squash

MAIN DISHES

Preparation time: 20 minutes

Baking time: 30 minutes

Yield: 6 servings

Ingredients	Amount		Method
	Metric	Imperial	
Butternut, pepper or other squash	500 ml	2 cups	Cut the vegetables into approx. 2.5 cm cubes. Toss with the oil and season.
Carrots	250 ml	1 cup	
Potatoes	250 ml	1 cup	Place on a sheet of aluminum foil, form a packet and seal it tightly.
Minced onions	250 ml	1 cup	
Olive oil	60 ml	4 Tbsp.	Bake in a 375°F (190°C) oven (or barbecue) for about 30 minutes.
Salt, pepper, fines herbes	To taste		