

SIDE DISH

Maple Roasted Butternut Squash and Sweet Potatoes with Wilted Spinach

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	20 min	30 min	6	\$1.02	176 kcal

If you have around 50 minutes to spend in the kitchen, Maple Roasted Butternut Squash and Sweet Potatoes with Wilted Spinach might be a super gluten free, lacto ovo vegetarian, and primal recipe to try. One portion of this dish contains around 3g of protein, 6g of fat, and a total of 176 calories.

Ingredients

☐ 6 ounce package fresh baby spinach	☐ 2 tablespoons butter, melted
☐ 1 small butternut squash, peeled, seeded, and cut into 1/2-inch cubes	☐ 1 tablespoon fresh thyme
☐ 1 tablespoon pure maple syrup	☐ 1 tablespoon olive oil
☐ ¼ teaspoon freshly ground pepper	☐ 6 servings Garnish: Cracked black pepper
☐ ½ teaspoon salt	☐ 1 large sweet potato, peeled and cut into 1/2-inch cubes

EQUIPMENT Bowl, Frying pan, Oven, Knife

Method

- 1 Preheat oven to 45
- 2 Toss together first 8 ingredients in a large bowl until vegetables are evenly coated.

- 3 Spread in a single layer in 1 (15- x 10- x 1-inch) jellyroll pan or 2 (13- x 9-inch) baking dishes.
- 4 Roast, stirring once halfway through cook time, at 450 for 30 minutes or until edges of vegetables are light brown and tender when pierced with the tip of a knife.
- 5 Remove pan from oven.
- 6 Add spinach to pan; toss gently with vegetable mixture until spinach is slightly wilted.
- 7 Garnish, if desired, and serve warm or at room temperature.

Nutrition per serving

176	3 g	6 g	30 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.8 g · 17% of daily needs
Fibre			5 g · 20% of daily needs
Sugar			7.2 g · 8% of daily needs
Sodium			283 mg · 12% of daily needs
Cholesterol			10 mg · 3% of daily needs
Vitamin C			37.4 mg · 45% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/maple-roasted-butternut-squash-and-sweet-potatoes-with-wilted-spinach-148506