



Harvest of the Month Recipes at Home



Sweet Roasted Winter Squash

A cozy fall recipe your child tried at school — now easy to make at home!

Ingredients

- 4 cups cubed winter squash (Hubbard, Butternut, Acorn, Carnival)
- 2 Tbsp oil or melted butter
- 2 Tbsp brown sugar or maple syrup
- 1 tsp cinnamon
- Pinch nutmeg
- Pinch salt
- 1 tsp vanilla



Directions

1. Preheat oven to 400°F.
2. Toss squash with oil, sweetener, and spices.
3. Spread on a baking sheet.
4. Bake 25–30 minutes, stirring halfway.
5. Enjoy warm!

Kid Tip:

For younger children, allow them to help stir and sprinkle the cinnamon!

For older children, allow them to assist in cutting equal sized cubes, measuring and mixing.

Quick Tip:

Frozen squash works great — no peeling needed!

Dover Area School District School Nutrition Department • Encouraging Healthy Eaters!

For questions, contact Kelly Renard at krenard@doversd.org
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