DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Callie Oliver				
CATEGORY *Please check one*	☐ Appetizer	☐ Main Dish	☒ Side Dishes	☐ Healthy Desserts
COUNTY Rusk				
AGE DIVISION	☒ Junior	☐ Intermediate	☐ Senior	

Name of Recipe: Warm Honey Roasted Butternut Squash Salad		
Prep Time: 10 minutes	**Cook Time:** 40 minutes	**Cost:** $3.77

Type Recipe Here:

Servings: 6

INGREDIENTS:

6 Cups of peeled and chopped butternut squash
1 Tablespoon of olive oil
1 Cup fresh cranberries
2 Tablespoons honey
1/4 Cup of crumbled goat cheese
1/4 Teaspoon of cinnamon

INSTRUCTIONS:

1) Preheat oven to 400 degrees Fahrenheit
2) Spray baking sheet with olive oil baking spray
3) Add cubed squash to the sheet along with another drizzle of olive oil
4) Sprinkle a light layer of salt, pepper and garlic powder, based on taste preference
5) Roast at 400 degrees Fahrenheit for 25 minutes on the center rack
6) At the 25 minute mark, pull out the oven rack and add your fresh cranberries to the baking sheet
7) Return to the oven for 10 - 15 minutes or until the cranberries start to soften and burst a bit
8) Remove from oven, add a sprinkle of cinnamon and a drizzle of honey.
9) Gently mix in goat cheese

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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