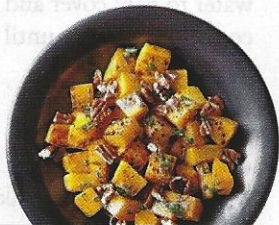




MINUTES



roasted butternut squash with pecans and sage

2 (11-ounce) containers peeled diced fresh butternut squash

Cooking spray

1/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1 1/2 tablespoons butter, melted

2 tablespoons chopped pecans, toasted

1 tablespoon finely chopped fresh sage

1. Preheat oven to 425°.

2. Arrange butternut squash in a single layer on a rimmed baking sheet; coat with cooking spray. Sprinkle evenly with salt and pepper. Bake at 425° for 15 minutes or until browned, stirring halfway through cooking.

3. Place butter in a large bowl. Stir in squash, pecans, and sage; toss to combine.

SERVES 4 (serving size: about 1/2 cup)

CALORIES 134; **FAT** 71g (sat 3g, mono 2.5g, poly 1g); **PROTEIN** 2g; **CARB** 19g; **FIBER** 3g; **CHOL** 11mg; **IRON** 1mg; **SODIUM** 164mg; **CALC** 82mg



1

ROASTED BUTTERNUT SQUASH WITH PARMESAN-GARLIC BREADCRUMBS

Follow base recipe through step 2. Place 1 ounce torn **French bread baguette** in a mini food processor; pulse until coarse crumbs form. Heat 1 tablespoon **olive oil** and 1 minced **garlic clove** in a skillet over medium-high heat. Add crumbs to pan; sauté 2 minutes. Place mixture in a large bowl. Stir in 1 ounce grated **Parmesan cheese** and 1 tablespoon chopped **fresh thyme**. Add squash; toss.

SERVES 4 (serving size: about 1/2 cup)

CALORIES 155; **FAT** 5.9g (sat 1.8g, mono 3.1g, poly 0.6g); **PROTEIN** 5g; **CARB** 23g; **FIBER** 3g; **CHOL** 6mg; **IRON** 2mg; **SODIUM** 271mg; **CALC** 161mg

2

ROASTED BUTTERNUT SQUASH WITH POMEGRANATE AND TAHINI

Follow base recipe through step 2. Combine 4 teaspoons **tahini paste**, 1 tablespoon **fresh lemon juice**, 1 tablespoon **olive oil**, and 1 tablespoon **water** in a small bowl, stirring with a whisk until smooth.

Combine squash, 1/2 cup **pomegranate arils**, and 1 cup **arugula** in a large bowl; toss gently to combine. Drizzle squash mixture with tahini mixture.

SERVES 4 (serving size: about 1/2 cup)

CALORIES 152; **FAT** 6.6g (sat 0.9g, mono 3.5g, poly 1.6g); **PROTEIN** 3g; **CARB** 24g; **FIBER** 4g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 130mg; **CALC** 93mg

3

ROASTED BUTTERNUT SQUASH WITH COCONUT AND CHILE

Follow base recipe through step 2. Combine 1 tablespoon **lime juice**, 1 tablespoon **canola oil**, 1 teaspoon **rice vinegar**, and a dash of **sugar** in a small bowl, stirring with a whisk. Combine squash, 1/4 cup chopped **fresh cilantro**, 1/4 cup toasted **unsweetened coconut flakes**, and 1 seeded sliced **red chile** in a large bowl; toss gently to combine. Drizzle juice mixture over squash mixture; toss to coat.

SERVES 4 (serving size: about 1/2 cup)

CALORIES 149; **FAT** 7.5g (sat 3.5g, mono 2.2g, poly 1.1g); **PROTEIN** 2g; **CARB** 21g; **FIBER** 4g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 249mg; **CALC** 78mg