



Roasted Butternut Squash

Makes 4 servings. Recipe from CookingLight.com.

Ingredients

2 (11-ounce) containers peeled diced fresh butternut squash (available in supermarkets)
Cooking spray
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
1 ounce torn French bread baguette
1 tablespoon olive oil
1 garlic clove, minced
1 ounce grated Parmesan cheese
1 tablespoon chopped fresh thyme

Nutritional info

Calories:	155
Total Fat:	6g
Protein:	5g
Carbohydrates:	23g
Cholesterol:	6mg
Sodium:	271mg
Dietary Fiber:	3g

Directions

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 torn French bread baguette in a mini food processor; pulse until coarse crumbs form.
4. Heat olive oil and minced garlic in a skillet over medium-high heat. Add crumbs to pan; sauté 2 minutes.
5. Place mixture in a large bowl. Stir in Parmesan cheese and thyme. Add squash; toss.