



Roasted Butternut Squash with Rosemary & Parmesan

Servings

8

Calories

110

Prep Time

5 minutes

Total Time

35 minutes

Skill Level

Easy

Ingredients

1 (20 ounces) bag Mann's Butternut Squash Cubes

1 large red onion, halved lengthwise, cut crosswise into ¼ inch-thick slices

3 tablespoons minced garlic

1 tablespoon fresh rosemary

1 teaspoon sea salt

1 teaspoon coarsely ground black pepper

3 tablespoons extra virgin olive oil

½ cup freshly grated Parmesan cheese



The Method

Set the oven rack in the center position in oven and preheat to 375°F. Line the baking sheet with foil. Place squash, onions, garlic, rosemary, salt and pepper on the sheet and drizzle with the olive oil. Toss to coat.

Place on center rack in the oven. Roast until tender and brown around edges, stirring every 10 min., about 30 min.

Toss in shallow bowl with Parmesan cheese. Serve and enjoy!

Nutrition Facts

Serving Size: 104g | Servings: 8

Amount Per Serving

Calories 110 | Calories from Fat 60 | Total Fat 9g (sat fat 1.5g trans 0g) | Cholesterol 5mg | Sodium 90mg | Total Carbohydrate 12g | Dietary Fiber 2g | Sugars 8g | Protein 3g | Vitamin A 150% | Vitamin C 30% | Calcium 10% | Iron 4%