



Butternut Squash “Rotini” Marinara

Servings

4

Calories

250

Prep Time

15 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

1 (10 ounces) package Mann’s Butternut Squash “Rotini”

3 tablespoons, olive oil, extra virgin

3 large garlic cloves, minced

2 cups marinara sauce

¼ cup grated Parmesan Cheese



The Method

Heat extra virgin olive oil in an 8-inch skillet over low heat. Sauté garlic until lightly golden, about 3 – 5 minutes. Increase heat to medium and add Butternut Squash “Rotini”; sauté for 6 – 7 minutes, stirring often. Reduce heat to low, stir in marinara sauce and cook until warm, stirring often. Add Parmesan cheese on top.

Nutrition Facts

Serving Size: 226g | Servings: 4

Amount Per Serving

Calories 250 | Calories from Fat 150 | Total Fat 17g (sat fat 3.5g trans 0g) | Cholesterol 5mg | Sodium 640mg | Total Carbohydrate 21g | Dietary Fiber 5g | Sugars 9g | Protein 4g | Vitamin A 190% | Vitamin C 35% | Calcium 15% | Iron 8%