



# Butternut Squash “Rotini” with Sage & Walnuts

## Servings

4

## Calories

220

## Prep Time

10 minutes

## Total Time

30 minutes

## Skill Level

Easy

## Ingredients

1 (10 ounce) bag Mann’s Butternut Squash “Rotini”

½ cup raw walnuts, halvs and pieces

½ tablespoon olive oil, extra virgin

½ teaspoon sea salt, smoked

¼ teaspoon pepper, ground

2 ½ tablespoons butter, salted

1 clove of garlic, minced

10 fresh sage leaves



## The Method

Preheat oven to 400°F.

Toss the Butternut Squash “Rotini” in olive oil, salt, and pepper. Spread it evenly on a lined baking sheet and roast until tender and slightly browned, about 20 minutes.

To make the sauce, melt 2 tablespoons of butter in your smallest saucepan over medium-low heat. Add the minced garlic and let it cook until softened and pieces are just starting to turn golden. Remove the softened garlic and set aside.

Add the rest of the butter to the pan along with the sage leaves and walnuts, and cook over low-heat, stirring occasionally until the butter has browned and the sage leaves are crisp and intoxicatingly fragrant.

Remove from heat and stir back in the softened garlic.

Move Butternut Squash “Rotini” from baking sheet to serving dish.

Lastly, drizzle sauce with walnuts and sage evenly over squash, tossing gently.

## Nutrition Facts

Serving Size: 105g | Servings: 4

### Amount Per Serving

Calories 220 | Total Fat 19g (sat 6g trans 0g) | Cholesterol 20mg | Sodium 360mg | Total Carbohydrate 12g | Dietary Fiber 2g  
Sugars 2g (Includes 0g Added Sugars) | Protein 3g | Vitamin D 0% | Calcium 8% | Iron 6% | Potassium 8%