

Eat Smart • Move More

Creamy Butternut Squash

Prep Time: 10 minutes

Total Time: 60 minutes



Ingredients

- 1 tablespoon olive oil
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 butternut squash, halved lengthwise and seeded
- ¾ cup plain Greek yogurt
- ½ cup reduced fat grated Parmesan cheese, divided

Directions

- Heat oven to 425°F.
- Rub olive oil, pepper, and salt evenly over both butternut squash halves. Place halves cut side up in a baking dish large enough to hold both halves.
- Bake squash for 35-45 minutes, or until fork tender. Remove squash from the oven and let it cool slightly, until you can handle it safely.
- Using a spoon, carefully (trying not to break the outer shell) scoop out most of the flesh from the squash into a bowl. Add yogurt and ¼ cup Parmesan cheese to the bowl. Mash and mix thoroughly to combine everything together.
- Spoon the squash mixture back into the shell, and sprinkle the tops with remaining Parmesan cheese.
- NOTE: For a crunchier texture, broil for a couple of minutes until golden brown. Serve warm.

Nutrition Facts

4 servings per container

Serving size **1 serving**
(164.66g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 370mg **16%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 0.1mcg 0%

Calcium 250mg 20%

Iron 0.9mg 6%

Potassium 450mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ A medium sized butternut squash is approximately equal to 3 cups, diced.
- ▶ Parmesan cheese can be substituted for a mild cheese.
- ▶ Twice bake this recipe - bake for an additional 10 minutes prior to broiling for a crisper flesh.

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(Recipe adapted from @cleanfoodcrush, as listed at: <https://www.instagram.com/p/B5lvIDEJKNc/>.)

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