

Roasted Butternut Squash

Servings: 6 (3/4 cup per serving)

Prep Time: 10 minutes

Cook Time: 40 minutes

Ingredients:

- 2 pounds butternut squash
- 1/4 cup walnuts (optional)
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- 1/4 teaspoon salt
- 1 1/2 tablespoons maple syrup
- 1/4 teaspoon ground black pepper
- 1 Tablespoon butter or canola oil
- 1/4 cup dried cranberries (optional)
- 1 1/2 Tablespoons maple syrup



Directions:

1. Preheat oven to 375 degrees.
2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut both ends into 3/4-inch, even-size cubes.
3. Coarsely chop walnuts. Set aside.
4. In a large bowl, add squash. Toss with oil, sage, salt, and ground black pepper.
5. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
6. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.

Creamy Macaroni & Cheese

Servings: 8 (1 cup per serving)

Cook Time: 45 minutes

Ingredients:

- Non-stick cooking spray
- 12 ounces whole wheat macaroni
- 1 (1 1/2 pound) butternut or accord squash
- 6 ounces reduced-fat sharp cheddar cheese
- 1 (16-ounce) container nonfat cottage cheese
- 1 cup nonfat milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup dry whole wheat breadcrumbs



Directions:

1. Preheat oven to 375 degrees.
2. Coat 9-inch square baking dish with non-stick cooking spray. Set aside.
3. Bring a large pot of water to a boil. Cook macaroni for 2 minutes less than package directions. Drain and set aside. Reserve pot for later.
4. While pasta cooks, cut squash in half and scoop out seeds. Cut into large chunks. Place in microwave-safe bowl with water. Cover with plastic wrap. Microwave on high until tender, about 10 minutes. Let cool.
5. While squash cooks and cools, grate cheddar cheese.
6. Peel cooled squash. Place in pot used to cook pasta. Mash with a fork. Add cottage cheese and milk. Stir until smooth. Add pasta, cheddar cheese, salt, and pepper. Stir until combined. Spread evenly in prepared baking dish. Sprinkle with breadcrumbs.
7. Bake until breadcrumbs are browned and the edges are bubbling, about 45 minutes.

Spaghetti Squash with Parmesan Cheese

Servings: 6

Prep Time: 10 minutes

Cook Time: 60 minutes

Ingredients:

- 1 spaghetti squash
- 1/2 cup grated parmesan cheese
- 1/2 stick butter
- Salt and pepper

Directions:

1. Preheat oven to 350 degrees.
2. Use a knife to prick the squash all over.
3. Place in a baking dish and bake for 1 hour or until soft.
4. Cut squash in half, scoop out and discard seeds.
5. Using a fork scrape flesh into strings into a serving bowl.
6. Toss with Parmesan cheese and butter and season to taste with salt and pepper.

*An alternative option is to serve spaghetti squash with tomato sauce instead of Parmesan cheese.

<http://www.foodnetwork.com/recipes/spaghetti-squash-with-parmesan-cheese-recipe.html>



Spaghetti Squash & Vegetables

Servings: 6

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded
- 2 Tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 Tablespoons sliced black olives
- 2 tablespoons chopped fresh or dried basil (optional)

Directions:

1. Preheat oven to 350 degrees. Lightly grease a baking sheet.
2. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.
3. Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.
4. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil. Serve warm.

