



Icahn
School of
Medicine at
Mount
Sinai

Department of Genetics and Genomic Sciences
Icahn Institute for Genomics and Multiscale Biology

METABOLIC NUTRITION PROGRAM

Butternut Squash Bake

Adapted from Better Homes and Gardens

Servings Per Recipe: 8

Serving Size: 1 cup

Per Serving: 315 Calories, 2.7 gm Protein, 41gm Carbohydrate

- 1 1/2 pounds butternut squash, peeled, seeded, and cut in 1-inch cubes (3 cups)
- 2 Tablespoons olive oil
- 8 ounces Low Protein pasta
- 4 Tablespoons unsalted butter
- 6 shallots, chopped
- 1 Tablespoon lemon juice
- 4 ounces cream cheese
- 2 ounces Low Protein cheddar cheese, grated
- 1/2 cup fresh parsley, snipped
- 1/2 cup Glutino pretzels or crackers, crushed

Directions

1. Preheat oven to 425 degrees F. In bowl toss squash in oil; place in oiled 15x10x1-inch baking pan. Roast, uncovered, 30 minutes, until lightly browned and tender, stirring twice.
2. Meanwhile, in Dutch oven cook noodles according to package directions. Drain; set aside. In same Dutch oven melt 2 tablespoons of the butter. Add shallots; cook and stir over medium heat for 3 to 5 minutes, until shallots are tender and butter just begins to brown. Stir in lemon juice.
3. Add noodles and squash to shallot mixture. Stir in cream cheese, 1/2 of the cheddar cheese, 1/4 cup parsley, and 1/4 teaspoon each salt and black

Nutrition Facts			
Serving Size 1 cup (174g)			
Servings Per Container 8			
Amount Per Serving			
Calories 320		Calories from Fat 150	
<small>% Daily Value*</small>			
Total Fat 17g			26%
Saturated Fat 7g			35%
Trans Fat 0g			
Cholesterol 30mg			10%
Sodium 55mg			2%
Total Carbohydrate 41g			14%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 3g			
Vitamin A 210%		Vitamin C 35%	
Calcium 8%		Iron 10%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
	Fat 9	Carbohydrate 4	Protein 4

pepper. Transfer to greased 2-quart oval gratin dish or baking dish.

4. Put pretzels in a Ziploc plastic bag. Use a heavy pot to crush pretzels into very small crumbs.
5. In small saucepan melt remaining 2 tablespoons butter; stir in pretzel crumbs, remaining cheddar cheese, and parsley. Sprinkle on noodle mixture. Bake, uncovered, 10 minutes, until crumbs are golden.