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 pepper.

Nutrition Facts

Serving Size 1 cup (174g)
Servings Per Container 8

Amount Per Serving
Calories 320 Calories from Fat 150

% Daily Value
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%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

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<thead>
<tr>
<th>Fat</th>
<th>Less than 65g</th>
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<tbody>
<tr>
<td>Saturated Fat</td>
<td>Less than 25g</td>
<td>25g</td>
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<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
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<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
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Total Carbohydrate | 31g |
Dietary Fiber | 25g |

Calories per gram:  
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.