



**Oven-Roasted Squash
with Garlic & Parsley**

Courtesy of Eating Well *November/December 2009*

Makes: 10 servings

Ingredients

- 5 pounds winter squash (such as butternut, buttercup, or Hubbard), peeled, seeded and cut into 1-inch chunks (see Tip)
- 2 tablespoons extra-virgin olive oil, divided
- 1 1/2 teaspoons salt
- 1/4 teaspoon freshly ground pepper, divided
- 3 cloves garlic, minced
- 2 tablespoons chopped Italian parsley

Preparation

- Preheat oven to 375°F.
- Toss squash with 4 teaspoons oil, salt and 1/4 teaspoon pepper. Spread evenly on a large baking sheet. Roast, stirring occasionally, until tender throughout and lightly browned, 30 to 45 minutes (depending on the variety of squash).
- Heat the remaining 2 teaspoons oil in a small skillet over medium heat. Add garlic and cook, stirring, until fragrant but not brown, 30 seconds to 1 minute. Toss the roasted squash with the garlic and parsley. Taste, adjust the seasoning and serve.

Tips & Notes

- Cut squash up to 1 day ahead; store airtight in the refrigerator.

Nutrition Per serving:

104 calories; 3 g fat ,21 g carbs; 2 g protein; 357mg sodium