



## Butternut Squash Bake, Savory

**Prep Time** : 15 min **Cook Time** : prep: 15 min. bake: 1 hour **Servings** : 8 servings **Source** : Tasteofhome.com

### INGREDIENTS

- 1 medium onion, chopped
- 2 to 3 garlic cloves, minced
- 2 tablespoons olive oil
- 4 cups cubed peeled butternut squash
- 2 cans (14-1/2 ounces each) Italian diced tomatoes
- 1 cup shredded carrots
- 1 teaspoon each minced fresh oregano, basil and parsley or 1/4 teaspoon each dried oregano, basil and parsley flakes
- 1 teaspoon salt, optional
- 1/4 teaspoon pepper
- Hot cooked rice, optional

### DIRECTIONS

In a small skillet, saute onion and garlic in oil until tender. In a 2-qt. baking dish coated with cooking spray, combine the squash, tomatoes, carrots and seasonings. Stir in the onion mixture.

Cover and bake at 350° for 60-70 minutes or until squash is tender. Serve over rice if desired.

### NUTRITION

1/2 cup: 84 calories, 2g fat (0 saturated fat), 0 cholesterol, 196mg sodium, 15g carbohydrate (0 sugars, 0 fiber), 2g protein. Diabetic Exchanges: 1 starch.