



## Butternut Squash, Garlic and Herb easy

**Prep Time** : 10 minutes **Cook Time** : 13 minutes **Servings** : Yield: 10 servings **Source** : [Healthyseasonalrecipes.com](http://Healthyseasonalrecipes.com)

### INGREDIENTS

- 1 large butternut squash, seeded, peeled and cut into 1-inch cubes
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/3 cup chopped mixed herbs, such as parsley, thyme and rosemary
- 3/4 teaspoon salt or to taste
- 1/2 teaspoon ground black pepper

### DIRECTIONS

Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add squash to the basket, cover and steam until the squash is tender, 13 to 15 minutes.

Meanwhile, heat oil in a small skillet over medium heat. Add garlic, and cook, stirring often until the garlic is fragrant and just starting to brown slightly, 1 to 3 minutes. Immediately pour the garlic and oil into a large mixing bowl, add herbs and stir.

Add the cooked squash to the garlic herb mixture. Add salt and pepper and gently stir to combine. Keep warm until ready to serve.

### NUTRITION

SERVING SIZE: 2/3 cup CALORIES: 98 SUGAR: 3 g SODIUM: 179 mg FAT: 5 g SATURATED FAT: 1 g  
CARBOHYDRATES: 16 g FIBER: 3 g PROTEIN: 2 g