

SPIRALIZED SQUASH

Yield: 4 servings | Total Preparation Time: 25 minutes



Ingredients

- 16 oz. butternut squash "noodles"
- 2 tbsp. extra-virgin olive oil
- Salt and pepper, to taste
- Optional: Freshly grated parmesan

Instructions

1. Preheat oven to 425°.
2. Place noodles on a large baking sheet and toss with oil, salt, pepper, and other spices, as desired .
3. Roast until tender and golden in spots, 10 minutes.
4. Treat noodles just like spaghetti! Feel free to toss with your favorite pasta sauce or meatballs.

Butternut squash "noodles" are lower in carbohydrates and higher in nutrients than regular pasta! They have high amounts of vitamins A, C, magnesium and calcium, and are a great source of fiber.

