



Squash and Orzo

Servings 6 | Prep time 15 mins. | Total time 60 mins.

Equipment: Cutting board, Measuring spoons and cups, Aluminum foil, Baking sheet, Medium bowl

Utensils: Tongs, Spoon, Mixing Spoon

Ingredients

1 16 ounce bag frozen butternut squash
4 tablespoons maple syrup
1/2 teaspoon red pepper flakes
1/4 teaspoon cayenne pepper
1 ½ cups cooked and cooled orzo pasta or other small pasta shape
1 teaspoon salt
1 teaspoon ground black pepper
1 tablespoon rosemary, dried or fresh
1/2 cup grated Parmesan cheese

Instructions

1. Before you begin wash your hands, surfaces, and utensils.
2. Preheat oven to 375 degrees.
3. Line the baking sheet with aluminum foil. Pile the cubed squash on the baking sheet and drizzle maple syrup over the top. Sprinkle with red pepper flakes, cayenne pepper, rosemary, salt and pepper and toss with tongs or your hands to combine.
4. Spread squash out in a single layer on the baking sheet and bake for 30 minutes, or until squash can be easily pierced with a fork.
5. After 30 minutes, remove squash from oven and toss together with the pasta and Parmesan cheese.

Nutritional Information:

Calories 130
Total Fat 2.5g
Sodium 560mg
Total Carbs 23g
Protein 4g