



Squash and Orzo

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

Equipment:

Microwave-safe dish
Cutting board
Measuring spoons and cups
Aluminum foil
Baking sheet
Medium pot
Colander
Medium bowl

Utensils:

Knife
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 1/2 cups orzo pasta OR other small pasta,
cooked and cooled (about 3/4 cup uncooked
orzo or pasta)
1 teaspoon salt
1 teaspoon black pepper
1 tablespoon dried rosemary
1 cup grated Parmesan cheese

Nutritional Information:

Calories 220
Total Fat 7g
Sodium
660mg Total
Carbs 30g
Protein 10g

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 frozen, cubed squash on baking sheet and drizzle maple syrup over the top. Sprinkle with red pepper flakes cayenne pepper, rosemary, salt, and black pepper. Use tongs or your hands to toss and 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.

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