



## **Roasted Garlic and Butternut Squash Pasta**

Recipe Courtesy Chef Bryan Woolley

- 2 heads of garlic
- 4 cups cooked angel hair pasta
- 4 cups peeled and cubed (1 inch) butternut squash
- 2 tbs. Italian seasoning
- 3 tbs. extra virgin olive oil
- 2 tbs. Parmesan cheese
- Salt and pepper to taste

To prepare garlic: Chop off the tops of the garlic and place on 6-inch square piece of aluminum foil. Drizzle with 1 tsp olive oil and sprinkle with 1 Tbs Italian seasoning and salt and pepper. Wrap foil around garlic and place on baking sheet. Set aside.

To prepare squash: place squash in bowl. Drizzle with 1 Tbs olive oil and Italian seasoning, salt and pepper. Place on baking sheet with garlic, uncovered. Place in 400-degree oven 40 minutes or until tender.

Allow garlic to cool and turn it upside down and squeeze to release the cloves. Toss baked garlic and squash in a sauté pan with remaining 1 tbs. olive oil, angel hair pasta, salt and pepper to taste. Sprinkle with Parmesan cheese. Enjoy!

Serves 4

### **Nutrition Facts**

Serving Size: One cup pasta with squash

Calories	444
Total Fat	13g
Saturated Fat	2g
Cholesterol	2mg
Sodium	344mg
Carbohydrate	74g
Dietary Fiber	3g
Protein	13g

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### **Diabetic Exchanges**

Protein	2
Carbohydrate	5
Fat	3