

# Butternut Squash with Herbs and Cheese

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DEPOSITORY.

**Serves:** 2

**Prep:** 10 minutes | **Cook:** 60 minutes

## INGREDIENTS

- 1 medium butternut squash
- 2 tablespoons oil
- 1 teaspoon dried herbs (like sage, thyme, basil, oregano, rosemary)
- 4-5 tablespoons cheese (like parmesan or mozzarella)
- 1/2 teaspoon salt
- Black pepper, to taste

## DIRECTIONS

1. Preheat oven to 400°F.
2. Cut squash in half and remove seeds.
3. Oil the cut side of the squash and season with salt and pepper. Place on a baking sheet cut side up.
4. Cook squash for 30-35 minutes. Flip so cut side is down and cook for 5-10 more minutes or until squash is easily pierced with a fork.
5. Flip squash again so cut side is up. Add cheese and herbs. Cook for an additional 5 minutes or until cheese is melted.
6. Serve squash in skin—it will be easy to scoop out.



Nutrition Information	
<i>Serving size: 1/2 baked squash with cheese</i>	
<b>Calories</b>	<b>297</b>
<b>Total fat</b>	<b>17 g</b>
Saturated fat	4 g
<b>Cholesterol</b>	<b>9 mg</b>
<b>Sodium</b>	<b>793 mg</b>
<b>Carbohydrates</b>	<b>34 g</b>
Fiber	6 g
Sugars	0 g
<b>Protein</b>	<b>8 g</b>

Recipe source: Adapted from  
Greater Pittsburgh  
Community Food Bank