

Side Dish

Baked Butternut Squash with Thyme

Better Homes and Gardens Garden Fresh Recipes - July 2011

Servings: 8

Start to Finish Time: 40 minutes

2 butternut squash, halved lengthwise and seeded

2 tablespoons butter

1/2 teaspoon coarse salt

5 sprigs fresh thyme

Preheat the oven to 350 degrees.

Lightly grease a large shallow baking pan.

Place the squash, cut sides up, in the pan.

Divide the butter among the squash halves.

Sprinkle with salt and top with thyme sprigs.

Bake for 30 to 40 minutes or until tender.

Remove from oven. Cool slightly.

To serve, slice the squash or scoop out the flesh from the squash into a bowl. Discard the thyme sprigs.

Per Serving (excluding unknown items): 217 Calories; 3g Fat (12.1% calories from fat); 4g Protein; 50g Carbohydrate; 7g Dietary Fiber; 8mg Cholesterol; 164mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Fat.