



Roasted Garlic and Butternut Squash Pasta

Serves 4

2 heads of garlic
4 cups cooked angel hair pasta
4 cups peeled and cubed (1 inch) butternut squash
2 Tbsp Italian seasoning
3 Tbsp extra virgin olive oil
2 Tbsp 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 Tbsp 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 Tbsp 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!

Nutritional Analysis

Serving size: One cup pasta with squash

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

Diabetic Exchanges:

Protein	2
Fat	3
Carbohydrates	5