

Squash and Orzo

Use as a side dish or add to pasta for a kid-friendly favorite.

Makes: 6 Servings

Prep/Cook Time: Approximately 1 hour

Source: cookingmatters.org

Ingredients

- 1 large winter squash (such as butternut or acorn)
- 2 teaspoons maple syrup
- 1/4 teaspoon red pepper flakes
- Pinch ground cayenne pepper
- 3/4 cup orzo pasta
- 1 Tablespoon butter
- 1/2 teaspoon salt
- Pinch ground black pepper
- 1 Tablespoon fresh rosemary (optional)
- 1 cup grated Parmesan cheese (optional)

Directions

1. Preheat oven to 375°F.
2. Rinse and cut squash in half. Remove seeds.
3. If using fresh rosemary, rinse and chop now.
4. Drizzle 1 teaspoon maple syrup over the cut side of each squash half.
5. Sprinkle each with red pepper flakes and cayenne. If using rosemary, add now.
6. Cover baking sheet with aluminum foil and place squash halves on the baking sheet.
7. Roast until squash is tender and pierces easily with a fork, about 30–35 minutes.
8. Remove from oven. Keep squash loosely covered with foil.
9. Cook pasta following package directions.
10. Drain in a colander.
11. Transfer to a medium bowl. Add butter, salt, and pepper.
12. Stir to coat well.
13. Cut each squash half into thirds and remove skin from squash.
14. Serve one piece of squash over each portion of pasta.
15. If using grated Parmesan cheese, sprinkle over squash and orzo when serving.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 cup orzo and 1 piece of squash

| Nutrients | Amount |
|----------------------|--------|
| Calories: | 170 |
| Total Fat: | 2.5 g |
| Saturated Fat: | 1 g |
| Cholesterol: | 5 mg |
| Sodium: | 200 mg |
| Total Carbohydrates: | 33g |
| Dietary Fiber: | 2 g |
| Total Sugars: | 5 g |
| Added Sugars: | 0 g |
| Protein | 4 g |

Utensils Needed

- Aluminum foil
- Baking sheet
- Colander
- Cutting board
- Large pot
- Measuring cups
- Measuring spoons
- Medium bowl
- Sharp knife

SHOPPING LIST

SAVE TIME, SAVE MONEY

Average total cost without oil and seasonings: \$6.52

Average cost/serving: \$.81

Recipe makes: 3 cups

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Butternut Squash



Add 1 to Cart
Maple Syrup



Add 1 to Cart
Orzo Pasta

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- Rinse squash under running water before peeling or cutting. Once cut, wrap tightly in plastic wrap or seal in a bag; store in refrigerator for up to 1 week.

Storage Tips: Squash

- Store whole squash in a cool, dark, dry place. If uncut, some varieties can last up to 3 months.
- You can freeze cooked squash to use later in main dishes, soups, chili or baked goods.
- Pack meal-sized amounts in freezer bags or containers.
- Use within 1 year.