

Roasted Butternut Squash Pasta Sauce

INGREDIENTS:

- 2 medium size butternut squash
- 1/4 cup olive oil
- 1 tbsp garlic minced
- 2 tbsp rosemary chopped
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tsp onion powder
- 1 tbsp brown sugar substitute
- 2 cups vegetable broth

INSTRUCTIONS:

1. Preheat oven to 395°F. Cover a large baking sheet pan foil.
2. Peel the squash and chop into 1-inch cubes (discard the seeds), place in large bowl
3. Add the olive oil, garlic, rosemary, salt, pepper, and onion powder to the diced squash and toss well.
4. Transfer the squash to the pan and roast in the oven for 40 minutes and the squash becomes soft. Make sure to toss the squash around halfway through cooking.
5. Transfer cooked squash to a blender and add the brown sugar and broth.
6. Blend high until smooth.
7. Add salt, pepper, or additional broth as preferred.

To serve, cook your pasta and toss with some of the sauce. Top with grated Parmesan cheese.

Nutrition Facts

Servings: 10

Amount per serving

Calories **90**

% Daily Value*

Total Fat 5.4g **7%**

Saturated Fat 0.8g **4%**

Cholesterol 0mg **0%**

Sodium 582mg **25%**

Total Carbohydrate 10.1g **4%**

Dietary Fiber 2.7g **9%**

Total Sugars 3g

Protein 1.7g