Crusted Butternut Squash

Ingredients:
1. Butternut Squash (about 2 lbs.)
2. tsp. Olive Oil
1/2 tsp. Fresh Ground Nutmeg
1/3 Cup Fresh Breadcrumbs / Panko
1/2 Cup Grated Parmesan Cheese
1 Minced Garlic Clove
1 Tbsp. Finely Chopped Parsley
1/4 Cup Fresh Thyme Leaves

Directions:

1. Preheat oven to 400
2. Peel the squash (vegetable peeler works great). Slice it in half length wise and discard the seeds. Cut into 1/4” slices.
3. On a parchment lined baking tray, pile the squash, drizzle the olive oil and the nutmeg and toss everything to coat evenly. All should have a thin coat of oil, amount may vary based on size of the squash. Spread them out in a single layer on the baking tray; you may need to use two, too much overlap won't yield a crunchy crust.
4. In a food processor pulse together the breadcrumbs, parmesan, garlic, both herbs, a few pinches of salt and a lot of fresh black pepper.
5. Sprinkle the topping on the squash. Bake for about 25-30 minutes until the tops are browned and the squash is cooked.

Nutritional Information per serving:
Calories: 319   Carbohydrates: 61g
Total Fat: 4g   Cholesterol: 10mg
Saturated Fat: 4g   Dietary Fiber: 6g
Sodium: 344mg   Protein: 10g