

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**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