



## STRONG Heart Program Recipe-of-the-Month

### Bay Leaf and Thyme-Scented Roasted Winter Squash and Garlic

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Recipe from *Cooking Light* October 2004

Ingredients compliments of Wegmans

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*Whole, unpeeled garlic cloves roast along with butternut squash in this aromatic side dish. When the dish is done, extract the mellow roasted garlic pulp over the squash.*

#### **Ingredients:**

10 cups (2-inch) cubes peeled butternut squash (about 3 pounds)  
1 tablespoon olive oil  
¼ teaspoon freshly ground black pepper  
Pinch of salt, optional  
12 garlic cloves, unpeeled  
8 fresh thyme sprigs  
6 bay leaves  
Cooking spray

#### **Directions:**

1. Preheat oven to 450°.
2. Combine all of the ingredients except cooking spray in a large bowl; toss to coat. Arrange in a single layer on a jelly-roll pan coated with cooking spray. Bake at 450° for 45 minutes or until tender, stirring after 20 minutes. Discard thyme and bay leaves before serving.

**Servings:** 6    **Serving Size:** 1 cup

**Nutrition Information:** 130 calories, 2.5g fat, <1gm sat. fat, 0mg cholesterol, 50mg sodium, 30gm carbohydrate, 8g fiber, 3g protein.