

## Mashed Butternut Squash with Maple Syrup



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**SERVINGS:** 6 (1/2 cup)

**INGREDIENTS:**

**NUTRITIONALS**

80 calories  
18 gm. carbohydrate  
1 gm fat  
3 mg cholesterol  
1 gm protein  
125 mg sodium  
5 gm fiber

1 medium butternut squash, about 1 ½ pounds  
1 Tbsp maple syrup  
Pinch salt  
Pinch black pepper  
1 tsp butter

**DIRECTIONS:**

1. Preheat oven to 450°. Spray a baking sheet with a small amount of canola oil. Clean and scoop out squash seeds and place on baking sheet.
2. Roast in preheated oven for ½ hour or until soft.
3. Transfer squash to a mixing bowl. Add remaining ingredients and whip at medium speed until smooth.

from Canyon Ranch

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