

## Butternut Squash Alfredo

Recipe by Chef Juan Turner

Serves: 7    Serving Size: 2/3 cup

### Ingredients:

- ☐ Butternut squash – 2 lbs spiraled
- ☐ 2 Tbsp olive oil
- ☐ Salt and pepper to taste
- ☐ 1 cauliflower, cut into small chunks
- ☐ ½ yellow onion, small dice
- ☐ 2 cloves of garlic, minced
- ☐ ½ cup to 1 cup of chicken broth (in case you want it thinner)
- ☐ ½ cup 1% milk
- ☐ ½ cup parmesan cheese



### Steps:

1. Spiraled butternut “noodles” tossed in oil, salt and pepper. Lightly roasted for about 7 minutes – depending on thickness.
2. Alfredo sauce – lightly sauté cauliflower, onions, garlic until cauliflower lightly browns and is tender. Add in milk and chicken broth until it boils. Add mixture to a blender until completely smooth. Add cheese and blend until blended completely.
3. To plate: Place noodles down on plate and ladle sauce on top. Garnish with tomatoes and parsley (optional).

### Nutrition Facts (per serving):

Calories: 141, Protein: 6g, Fat: 6g, Saturated Fat: 2g, Carbohydrates: 20g, Sugars: 6g, Sodium: 162 mg