Squash and Orzo
Servings 6 | Prep time 15 mins. | Total time 60 mins.

Equipment: Microwave-safe dish, Cutting board, Measuring spoons and cups, Aluminum foil, Baking sheet, Medium pot, Colander, Medium bowl
Utensils: Knife, Spoon, Mixing Spoon

Ingredients
1 large winter squash, butternut or acorn
4 tablespoons maple syrup
1/2 teaspoon red pepper flakes
1/4 teaspoon cayenne pepper
3/4 cup orzo pasta
1 tablespoon butter
1 tablespoon salt
1 tablespoon ground black pepper
1 tablespoon rosemary, dried or fresh
1 cup grated parmesan cheese

Instructions
1. Before you begin wash your hands, surfaces, utensils and vegetables.
2. Preheat oven to 375 degrees.
3. Pierce squash and place in a microwave-safe dish in microwave. Cook on high for 6 minutes or until soft. Let cool.
4. Cut squash in half and use a spoon to scoop out seeds. Peel the skin off the squash and cut into 1 inch cubes.
5. Line the baking sheet with aluminum foil
6. Place cubed squash on baking sheet and add maple syrup, red pepper flakes, cayenne pepper, rosemary, salt, and pepper.
7. Mix and toss seasonings with squash and place in oven for 30-40 minutes.
8. While squash is baking, fill medium pot with water and bring to a boil.
9. Once boiling, pour in orzo pasta and cook according to box directions.
10. Once cooked, drain pasta and pour in bowl.
11. Take squash out of oven, add to orzo, and toss with butter until melted. Add parmesan cheese and stir.

Nutritional Information:
Calories 220
Total Fat 7g
Sodium 660mg
Total Carbs 30g
Protein 10g

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