

Whipped Butternut Squash

Winter squash is baked until tender, and whipped to perfection!

Prep Time: 15 Minutes

Cook Time: 1 Hour

Ready In: 1 Hour 15 Minutes

Yields: 10 servings

INGREDIENTS:

2 butternut squash, halved and seeded

1/2 cup margarine

1 cup light sour cream

salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).

2. Place squash halves cut side down in a medium baking dish with enough water to cover. Cover, and bake 1 hour in the preheated oven, until tender.

3. Scoop squash from skin into a medium bowl, and mix with margarine and light sour cream. Whip until smooth. Season with salt and pepper.

Nutrition facts (per serving):

Protein 4.3g. Carbohydrates 32.7g. Cals from Protein 7%. Cals from Fat 35%. Sodium 141mg. Calories (kcal) 32.7. Total Fat 9.2g. Fiber 8.5g. Cals from Carbohydrates 56%. Cholesterol 0mg.