Roasted Squash with U.S. Cheddar

U.S. cheddar makes this side dish extra special.

INGREDIENTS

(Serves 6)
- Butternut Squash, trimmed, diced: 600g
- Onions, minced: 60g
- Apple, diced: 80g
- Red Bell Pepper, diced: 40g
- Garlic, minced: 5g
- Thyme, dried: 0.5g
- Salt: 4g
- Pepper: 2g
- Nutmeg, ground: 1g
- Brown Sugar, light: 20g
- Olive Oil: 15ml
- U.S. Cheddar, shredded, divided: 230g

NUTRITIONAL CONTENT

Per 100g
- Calories: 142kcal
- Total Fat: 9g
- Saturated Fat: 4g
- Trans Fat: 0g
- Cholesterol: 22mg
- Total Carbohydrates: 11g
- Dietary Fiber: 2g
- Sugars: 4g
- Protein: 6g
- Calcium: 179mg
- Magnesium: 27mg
- Phosphorus: 126mg
- Potassium: 244mg
- Sodium: 290mg
- Iron: 1mg
- Vitamin A: 6380IU
- Vitamin C: 18mg

PREPARATION

1. Pre-heat oven to 175°C (350°F).
2. In a large bowl, mix together the first 11 ingredients and 180g of the cheddar until incorporated.
3. Pour into a medium casserole or divide into six oven-safe ramekins.
4. Bake for 35-40 minutes until squash is tender, top with remaining 50g of cheddar, and bake for another 5-10 minutes until cheese is browned on edges.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

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