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	.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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