

Roasted Butternut Squash

Makes 8 Servings

Ingredients

2 lbs cubed butternut squash
2 Tbsp extra virgin olive oil
1 large Vidalia onion
½-1 tsp Lawry's Seasoned Salt (optional)
½ tsp ground black pepper
¾ tsp paprika
½ tsp nutmeg
½ tsp sage
Vegetable cooking spray
⅓ tsp white sugar



Directions

1. Preheat oven to 400°F.
2. Slice Vidalia onion into very thin slices.
3. Place squash cubes and onion slices in large zip-top bag and add olive oil. Seal bag and toss vegetables until evenly coated in oil.
4. Spray baking sheet with vegetable cooking spray.
5. Place squash and onions in a single layer on baking sheet and sprinkle Lawry's salt, pepper, paprika, nutmeg, and sage evenly over vegetables.
6. Before putting into the oven, lightly sprinkle sugar over the top of the vegetables.
7. Bake for 30-40 minutes or until squash and onions are golden brown and cubes are tender on the inside.

Nutrition Information per Serving: Cal: 121, Pro: 2 gm, Carbs: 23 gm, Fiber: 4 gm, Total Fat: 3.5 gm, Saturated Fat: 0.5 gm, Sodium: 180 mg, Chol: 0 mg

Pinto Beans with Herbs

Makes 6 (½ cup) Servings

Ingredients

- 3 cups cooked pinto beans from dried or canned
(2- 15oz cans, rinsed and drained)*
- 1 medium to large Vidalia onion
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp dried crushed rosemary
- ¼ tsp dried thyme
- ¼ tsp dried sage
- 2 ½ cups water
(can use low sodium chicken or vegetable broth if desired)
- 1 ½ Tbsp olive oil



Directions

1. Combine all ingredients in a pot.
2. Bring to a boil.
3. Reduce heat to LOW and simmer for 20-30 minutes until onions are tender and clear.

*Can also use cannellini beans, kidney beans, or black-eyed peas.

Nutrition Information per Serving: Cal: 163, Pro: 8 gm, Carbs: 25 gm, Fiber: 8 gm, Total Fat: 4 gm, Saturated Fat: 0.5 gm, Trans Fat: 0 gm, Sodium: 99 mg, Chol: 0 mg