

# Winter Squash Bake

**Makes:** 6 Servings

Add some vegetables to your plate with this tasty squash recipe. Squash has a long shelf-life and is easy to prepare in cubed form or mashed.

## Ingredients

nonstick cooking spray  
**1 1/2 pounds** winter squash (cut in halves)  
**2 tablespoons** vegetable oil  
**1** onion (chopped)  
**2 cloves** garlic (chopped)  
**1 teaspoon** dried herbs (sage, thyme, or rosemary if you like)  
**3** eggs  
**1/2 cup** low-fat milk  
**1/2 cup** reduced fat cheddar cheese (shredded)  
**1/4 teaspoon** black pepper  
**1/4 cup** Parmesan cheese (grated)

## Directions

1. Preheat oven to 400 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Cut squash in half, scoop out seeds, and place cut side down on baking sheet. Bake 40 minutes.
3. Scoop flesh from cooked squash and place in a 8x8-inch baking dish coated with nonstick cooking spray. Stir in vegetable oil, onion, garlic. If using herbs, add that too.
4. In bowl, mix together eggs, milk, cheddar cheese, and black pepper.
5. Pour mixture into pan with the squash and stir. Sprinkle with Parmesan cheese.
6. Bake for 30 to 40 minutes or until browned.