

Butternut Squash Parmesan

Based on the recipe by Weight Watchers

Ingredients

2-3 pound butternut squash
1/4 cup butter
2 cloves garlic, minced
1/3 cup panko bread crumbs
1/3 cup shredded Parmesan cheese
salt and pepper to taste

Pierce squash all over with a fork and microwave on high for 5 minutes. Remove from microwave and cut off the top and bottom, enough to expose the seeds and pulp. Scoop out the seeds and pulp and peel off the skin.

Cut in half lengthwise, then cut crosswise in about 1/2 inch half-moon slices.

Arrange slices in a 11 inch square or 9 x 13 inch baking dish, lightly sprayed with cooking spray, slightly overlapping.

In a small saucepan, melt butter over medium heat. Reduce heat to low, add minced garlic and cook for 2-3 minutes, stirring occasionally, taking care to not brown the butter.

In a small bowl, combine panko, cheese, salt and pepper. Add 1 Tablespoon of melted butter and toss to coat slightly.

Brush remaining butter and garlic mixture over squash. Sprinkle panko/cheese mixture evenly over the squash.

Bake uncovered at 375 degrees F for 30-40 minutes, until squash is fork tender. Increase temperature to 425 degrees F and bake for an additional 10 minutes, until the crust is golden.

Remove from oven and serve hot.

Makes 6-8 servings.

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