

Autumn Harvest Vegetable Bake

Ingredients:

- 1 tbsp **extra virgin olive oil**
- ½ cup **red onion**, finely diced
- 1 clove **garlic**, minced
- 2 cups **butternut squash**, ½-inch diced
- 1 **red pepper**, ½-inch diced
- 4 cups **baby spinach**
- ¼ tsp **salt**, or more to taste
- ¼ cup **Parmesan cheese**, grated
- ½ cup **mozzarella cheese**, grated
- 2 tbsp **fresh basil**, chopped

Method:

Preheat oven to broil at 500°F. **In** a large, ovenproof skillet or cast-iron pan, heat olive oil over medium heat. **Add** onion, garlic and squash. **Cook** 10 minutes, stirring frequently. **Add** red pepper and cook 5 minutes, stirring frequently. **Add** spinach, salt and Parmesan. **Cook** until spinach wilts, stirring frequently, for about 3 minutes. **Remove** from heat. **Top** with mozzarella and broil 3 minutes or until cheese is browned and bubbly. **Remove** from oven and top with basil. **Serve**.



Makes 4 servings. Per serving:

190 calories | 12g protein | 10g total fat | 4g saturated fat | 5g mono fat | 1g poly fat |
20mg cholesterol | 17g carbohydrate | 0g sugar | 5g fiber | 400mg sodium