

THIS WEEK'S RECIPE

As seen on hdnews.net



Butternut Squash with Onion and Bacon

- 1 small butternut squash
- ½ cup orange juice
- 2 strips bacon, cut in ½ inch pieces
- 1 small onion, chopped (about ½ cup)
- Salt and pepper to taste

- Pierce the squash with a knife in several places and microwave for about 5 minutes. Cool slightly, peel, remove seeds and cut squash into ½ inch pieces. Place in a bowl and sprinkle with orange juice.
- In medium skillet, fry the bacon until crisp. Remove bacon and drain on paper towels. Pour off all but 1 tablespoon fat, cook onion in remaining fat until golden.
- Add squash and orange juice. Cover and steam over low heat until squash is just barely tender, about 5 minutes, adding water if pan get dry. Stir in bacon and season with salt and pepper.

Makes 4-6 servings.



Location of Ingredients (at Walmart)

ITEM	AISLE
Butternut Squash..	Produce
Orange Juice	Dairy
Bacon	Meat
Onion	Produce
Salt And Pepper.....	8

Nutrition Facts

Serving Size (239g)			
Servings Per Container 4			
Amount Per Serving			
Calories 150		Calories from Fat 45	
% Daily Value*			
Total Fat	5g	8%	
Saturated Fat	2g	9%	
Cholesterol	10mg	3%	
Sodium	110mg	5%	
Total Carbohydrate	26g	9%	
Dietary Fiber	4g	16%	
Sugars	8g		
Protein	3g		
Vitamin A 380% • Vitamin C 80%			
Calcium 10% • Iron 8%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			
salt and pepper not included in analysis			



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