

# Butternut Squash Gratin

Yield: 8 servings

## Ingredients:

- 1 large butternut squash, peeled and cut into 1/4-inch thick slices (about 8 cups)
- 2-3 tbsp extra virgin olive oil, divided
- 1 medium onion, thinly sliced
- 3 tbsp all-purpose flour
- 3/4 tsp salt
- 1/4 tsp white or black pepper
- 2 1/2 cups low-fat milk
- 1 1/2 cups fresh whole-wheat breadcrumbs (see Tips)
- 1/2 cup shredded or crumbled cheese

## Tips and Notes:

- *Make ahead:* Roast squash (step 2) up to 30 minutes ahead. Prepare the sauce (step 3), cover and refrigerate for up to 1 day; gently reheat until steaming before combining with the squash.
- *Tips:* To make your own fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/2 cup fresh breadcrumbs.

*Continued*

## Directions:

1. Position racks in upper and lower third of oven; preheat to 425° F.
2. Toss squash in a large bowl with 1 tbsp oil until well coated. Divide between 2 baking sheets and spread in an even layer. Roast, stirring once and rotating the pans top to bottom about halfway through, until tender and beginning to brown, 20-25 minutes.
3. Meanwhile, heat 1 tbsp oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until very soft and golden brown, 5-8 minutes. Add flour, salt and pepper; cook, stirring, for 1 minute more. Add milk and continue to stir, scraping up any browned bits. Cook, stirring until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from the heat.
4. When the squash is done, remove from the oven. Preheat the broiler.
5. Transfer half the squash to a 2-quart, broiler-safe baking dish. Spread half the sauce over the squash. Add the remaining squash and top with the remaining sauce.
6. Combine breadcrumbs and the remaining 1 tbsp oil in a small bowl.
7. Sprinkle the breadcrumb mixture (and cheese) over the gratin. Place under the broiler and broil, watching closely, until the gratin is bubbling and beginning to brown on top, 1-5 minutes, depending on your broiler. Let stand for 10 minutes before serving.

## Nutrition Facts: (Per serving)

Calories: 169 • Fat: 6g • Sodium: 307mg

Carbohydrates: 24g • Dietary Fiber: 5g • Protein: 5g

Source: *EatingWell*: November/December 2011



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