



Butternut Squash Casserole

- 1-1/2 pounds butternut squash (about 2), peeled, seeded, and diced in 1/2-inch cubes
 - 1 teaspoons olive oil
 - 1 cup cooked or leftover chicken or turkey, cubed
 - 1/2 green bell pepper, seeded and diced
 - 1/4 cup minced onion
 - 1/2 teaspoon dried sage
 - 1/4 teaspoon black pepper
 - 1 cups fat-free, reduced sodium chicken broth
 - 1/2 cup quick cooking barley
 - 1/4 cup crumbled feta cheese
1. Preheat oven to 350 degrees F. Coat a 2-quart baking dish with cooking spray.
 2. In a large saucepan, heat oil over medium heat. Add chicken or turkey, green pepper, onion and diced squash; sauté 3 minutes. Add sage and pepper and stir to coat. Add broth and bring to boil. Add barley; return to boil. Reduce heat to low, cover and cook 10 minutes, until barley is tender and liquid is absorbed.
 3. Transfer mixture to prepared baking dish and top with feta cheese. Bake, uncovered 30 minutes, or until cheese is golden.

Yield: 4 servings.

Nutrition Facts	
Serving Size: about 1/4 of recipes	
Servings per recipe: 4	
Amount Per Serving	
Calories 254	Calories from fat 45

Value	% Daily
Total Fat 5g	8%
Saturated fat 2g	11%
Cholesterol 38mg	13%
Sodium 266mg	11%
Carbohydrate 36g	12%
Dietary Fiber 6g	25%
Protein 19g	39%
Vitamin A: 226%	Vitamin C: 73% Folacin: 14%
Calcium: 14%	Iron: 15% Potassium: 22%

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