

Whole-Wheat Spaghetti with Roasted Squash

Yield: 5 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/roasted-squash-recipe-for-thanksgiving>

Ingredients:

- squash
- 9 tablespoons extra virgin olive oil
- 6 yellow onions halved through the stem end and sliced lengthwise paper-thin
- freshly ground pepper Fine sea salt and, to taste
- 1 piece butternut or calabaza squash, about 6 oz., 185 g, peeled and cut into 1/2-inch, 12-mm dice
- 1/4 cup fresh bread crumbs
- 2 tablespoons kosher salt
- 1 pound whole wheat spaghetti or linguine
- 1/4 cup parmigiano reggiano cheese grated

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 86 grams
3. Cholesterol: 5 milligrams
4. Fat: 27 grams
5. Fiber: 4 grams
6. Protein: 18 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 3000 milligrams
9. Sugar: 6 grams

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