

SHOW & TELL

Serves: 2 • Serving size: 5oz./140 g

15
minutes

PREP: 5 minutes
COOK: 10 minutes

Butternut Squash PASTA

1 butternut squash with the neck 3"/7.62 cm in diameter or less
3 slices of bacon, cooked and diced
½ cup ricotta cheese
½ tsp. salt
¼ tsp. pepper

1. Separate the neck of the butternut squash from the bulb. Set aside bulb and peel the neck. Assemble Fusion Master® Spiralizer fitted with thick noodle blade and attach the butternut squash neck to pin and vegetable holder. Lock in place and turn handle to spiralize. If desired, use kitchen shears to cut length of butternut squash noodles
2. Place butternut squash noodles in base of Microwave Pasta Maker, add water to the maximum fill line, and microwave on high power 7–10 minutes or until tender.
3. Add remaining ingredients and toss to coat. Serve warm.

Nutritional Information (per serving):

Calories: 200 Total Fat: 11g Saturated Fat: 4.5g Cholesterol: 25mg Sodium: 520mg
Carbohydrates: 21g Fiber: 3g Sugar: 5g Protein: 6g Vitamin D: 0% Calcium: 10%
Iron: 8% Potassium: 14%

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Tupperware®



TO DEMO



Fusion Master®
Spiralizer



Microwave Pasta
Maker

OPTIONAL



Universal
Series
Chef
Knife



Measuring
Spoons



Measuring
Cups



Mix-N-Stor® Pitcher



Tongs



Universal
Series Kitchen
Shears