

Side Dish

Sage and Garlic Vegetable Bake

Betty Crocker Best-Loved Casseroles

Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 45 minutes

1 medium (3 cups) butternut squash, peeled and cut into 1-inch pieces

2 medium (2 cups) parsnips, peeled and cut into 1-inch pieces

2 can (14.5 oz ea) organic stewed tomatoes, undrained

2 cups frozen cut green beans

1 medium (1/2 cup) onion, coarsely chopped

1/2 cup quick-cooking barley, uncooked

1/2 cup water

1 teaspoon dried sage leaves

1/2 teaspoon seasoned salt

2 cloves garlic, finely chopped

Preheat oven to 375 degrees.

In an ungreased 3-quart casserole, mix all of the ingredients, breaking up large pieces of tomatoes.

Cover and bake for 1 hour to 1 hour 15 minutes or until vegetables and barley are tender.

Per Serving (excluding unknown items): 290 Calories; 1g Fat (2.3% calories from fat); 6g Protein; 73g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 201mg Sodium. Exchanges: 4 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.