

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Butternut Squash Pizzettas



INGREDIENTS:

- 1 medium butternut squash (the longer the neck the better)
- 1/2 cup extra virgin olive oil, plus oil for brushing
- sea salt and freshly ground black pepper
- 2 cups fresh basil leaves
- 1 garlic clove, chopped
- 1/3 cup chopped pistachios

DIRECTIONS:

Preheat the oven to 400 degrees F. Place parchment paper on top of baking sheet. Peel and slice the squash into 1/2 inch wheels. Place on baking sheet. Brush tops with olive oil, and sprinkle with salt and pepper. Bake for approximately 20 minutes, or until almost done.

Meanwhile, put the basil, garlic, and olive oil into a high-speed blender, or food processor, add a dash of salt & pepper and puree. When the squash starts to brown and looks almost done,

spoon on some of the sauce, sprinkle with pistachios, and bake for another 5 minutes. Serve warm.

Approximately 2-4 servings

Recipe taken from <http://healthytastyandsimpleeating.blogspot.co.uk>