

Gourmet Golden Squash

½ cup finely chopped onion
1 tablespoon margarine
3 cups winter squash, cooked and mashed
½ cup sour cream
½ teaspoon salt
¼ teaspoon pepper
Dash of nutmeg

Directions:

Preheat oven to 400F. Sauté onions in margarine until tender. Combine all ingredients. Pour into 1-quart casserole dish. Sprinkle with nutmeg. Bake uncovered 40-45 minutes.

Serves 6

Nutrient Analysis, per serving: 134 calories, 18g. carbohydrate, 2g. protein, 6g. fat, 202mg. sodium