

Butternut Squash and Arugula Pasta

Serves 2*

Ingredients:

1 (10oz) package of fresh store-bought butternut squash noodles

1 tablespoon olive oil for cooking

1 cup of arugula

½ teaspoon oregano

½ teaspoon thyme

½ teaspoon crushed red pepper

½ teaspoon salt

½ teaspoon black pepper

Optional:

1 pinch of grated parmesan or dairy-free cheese alternative

Instructions:

Remove noodles from packaging and sauté over medium heat in olive oil for 4-6 minutes.

While sautéing, add herbs and spices, salt and pepper.

Add arugula to noodles for the last minute of sautéing.

Remove from heat and serve.

Sprinkle a pinch of parmesan or dairy-free cheese over top (optional).

Kcal: 122

Protein: 1.7 gm

Arginine: 73 mg

Methionine: 16 mg

*Nutritional information is per serving.

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