

Butternut Squash



Shaped like a large pear, this squash has cream-colored skin, deep orange-colored flesh and a sweet flavor. Butternut squash's unique shape requires a special approach to cutting. To cut into cubes, it is best to first cut it in half between the neck and bulb. This makes peeling it much easier. Cut bulb in half and scoop out seeds. Slice into ½ -inch slices and make ½ -inch cuts across slices for ½ -inch cubes. This is the best size and shape for steaming.

Butternut squash is an excellent source of omega-3s, vitamin A, vitamin C, dietary fiber, vitamin B6, manganese, and copper.

Butternut Squash with Black Beans

Serves 4 Prep Time: 30 minutes

Ingredients

1 small butternut squash, peeled and cut into ½ inch cubes
1 teaspoon vegetable oil 1 small onion, chopped
¼ teaspoon garlic powder ¼ cup red wine vinegar
¼ cup water ½ teaspoon oregano
1 can black beans, low-sodium, rinsed and drained

Directions

1. Heat squash in the microwave on high heat for 1-2 minutes to soften the skin. Carefully peel the squash and cut into cubes.
2. In large skillet, heat oil over medium heat. Add onion, garlic powder, and squash. Cook for 5 minutes.
3. Add the vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
4. Add the beans and oregano. Cook until beans are heated through. Serve warm.