



Butternut Squash with Sage

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

- 1 Tbsp olive oil
- 2 lbs butternut squash, peeled, seeded, and cut into $\frac{3}{4}$ -inch chunks
- Salt and black pepper
- 1 Tbsp chopped fresh sage (or $\frac{1}{2}$ tsp dried)

Steps:

- Heat oil in a 12-inch skillet over medium heat. Add butternut squash. Season with salt and pepper. Cook, tossing frequently until squash is lightly browned, 5-6 minutes.
- Add $\frac{1}{4}$ cup water and reduce heat to a simmer. Cover and cook until squash is fork-tender, 8-10 minutes.
- Toss with sage and serve.

Tips from the Test Kitchen: To peel a butternut squash, cut off the top and bottom ends, then hold squash in one hand while using a good vegetable peeler to take off the outer layer in long strips. Cut the neck off the squash, then cut the round part in half to scrape out seeds. Cut pieces into specified size cubes. It can also work to cook the squash in the microwave in a baking dish for 3-4 minutes after you have sliced off the top and bottom ends. Let the squash cool before peeling and seeding. If you use this method, you may not need to cook the squash as long once you have added the water in the recipe.

Nutritional Facts (Per Serving): Calories: 132, Carbohydrates: 27 grams, Protein: 2 grams, Total Fat: 4 grams, Saturated Fat: .5 grams, Cholesterol: 0 mg, Sodium: 9 mg, Fiber: 5 grams, Total Sugars: 5 grams.