

SAUTEED WINTER SQUASH

Los Angeles County- Public Health Department

http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/Recipes/R-Z-2010-Jack/51_Sauteed_Winter_Squash_Eng.pdf

Ingredients

- 1 medium winter squash
- Salt
- Pepper
- 1 Tbsp olive oil or chicken broth (optional)

Instructions

1. Remove tips from each end of squash.
2. Cut squash into small pieces, leaving the skin on unless it is very tough.
3. Heat olive oil or chicken broth (can use water) in a pan.
4. Add squash, sprinkle with salt and pepper, cover, and cook for 10 to 15 minutes at moderate heat.
5. Remove cover and cook a little longer for the excess liquid to evaporate. Serve hot.

Serving size: ½ cup (without oil)

Nutritional information per serving

Calories: 39

Total fat: 0g

Cholesterol: 0 mg

Total carbohydrate: 9g

Fiber: 3g

Protein: 1g



Wellness Center