

Butternut Squash with Greens

Yield: 4 servings

Total Time: 30 minutes

Ingredients

- 1 Tablespoon Vegetable oil
- 1 Onion, chopped
- 1 Bell pepper, chopped (red or green)
- 3 cups peeled, seeded, and cubed butternut squash
- ½ cup water
- 3 cups chopped greens (collards, kale or any other leafy green)
- ¼ teaspoon salt
- Black pepper to taste (optional)

Preparation Instructions

1. Chop all vegetables
2. Heat the oil in a large pot over medium-high heat. Stir in onion and bell pepper, cook until soft.
3. Add squash and cook covered for 5 minutes.
4. Add water, greens, salt and pepper. Cook until vegetables are soft, about 8-10 minutes.
5. Serve hot. Refrigerate leftovers.

Nutrition Highlights

- Butternut squash is a good source of potassium. This recipe provides 531mg of Potassium. Potassium is important for heart health.
- One serving of this recipe provides 4 grams of fiber. Women should aim for 25 grams of fiber per day, while men should target 38 grams (or 21 and 30 grams daily, respectively, for those over the age of 50). Adequate fiber intake can help to lower cholesterol, help prevent constipation and diverticulosis, and can help keep blood sugar within a healthy range.

Adapted from: <https://jsyfruitveggies.org/butternut-squash-with-collard-greens/>

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