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**Prevent and Protect**  
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## **SWEET AND SOUR WINTER SQUASH**

### ***New Indian Home Cooking***

Makes 4 servings (2 cups)

#### ***Ingredients***

1 small butternut squash (2 lbs)  
2 tsp vegetable oil  
1/2 tsp cumin seeds  
1/8 tsp fenugreek seeds  
1/2 tsp turmeric  
3/4 tsp salt  
2 tsp ground coriander  
1/2 tsp cayenne pepper (optional)  
1/3 cup water  
1 T lemon juice  
2 T sugar

#### ***Directions***

Peel and cut butternut squash in half. Scoop out and discard the inside seeds and threads. Cut into about 1-inch pieces. Rinse, drain, and set aside.

Heat oil in a heavy skillet on medium-high heat. Add cumin and fenugreek seeds and cook for a few seconds until seeds are golden brown.

Add the chopped squash, turmeric, salt, ground coriander, cayenne pepper, and water. Stir to mix. Cover with a lid and bring to a boil. Reduce heat and simmer for 12 to 15 minutes until the squash is soft to the touch. Stir occasionally.

Add lemon juice and sugar. Mash squash with a potato masher or large spoon. Simmer for another 5 to 7 minutes. Transfer to a serving dish.

***Nutrient Analysis per serving: Calories: 80; Carbohydrate: 17 g; Protein: 1 g; Fat: 2 g; Saturated fat: 0 g; Dietary fiber: 2 g; Sodium: 400 mg***