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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