



SECOND HARVEST
of SILICON VALLEY

Warm Butternut Squash and Apple Sauté

Ingredients

1-2 Tbsps butter or cooking oil
1 butternut squash, peeled, seeded and
diced into 1/2 inch cubes
2 apples, cored and diced into 1/2 inch
cubes
1 tsp ground cinnamon
1/2 tsp ground nutmeg
Salt to taste

Servings: 4-6

Prep time: 10-15 minutes

Cook time: 25 minutes

Total time: 35-40 minutes

Directions

1. On medium-high heat, coat a pan with 1 tablespoon of butter or oil.
2. Add squash to pan and cook for about 5-7 minutes, tossing occasionally to cook evenly.
3. Mix the apples in with the squash. Sprinkle lightly with cinnamon and nutmeg.
4. Continue to cook and lightly toss for another 12-15 minutes, adding up to 1 teaspoon of butter or oil if needed.
5. Turn off heat once apples and squash are tender and caramelized.
6. Add salt to taste.

Tips:

- For a sweeter dish, add 1 tsp of brown sugar when adding in the spices.
- Top with chopped pecans or dried cranberries.



Scan code for
more recipes