

Squash and Kale Sauté

Yields 5 servings (1 cup each)

Ingredients

- ½ butternut squash, peeled, seeded and cut into ½ inch cubes
- ½ bunch kale, washed and chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon vinegar or lemon juice
- 1½ cups diced fresh tomatoes
- 1 tablespoon vegetable oil

Instructions

1. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes or until onion is soft.
2. Stir in squash cubes and sauté 1 minute.
3. Add tomato. Cover pan, increase heat to medium-high, and bring to a boil. Adjust heat to simmer. Cook 10-15 minutes, or until squash is tender.
4. Add kale. Cover and cook another 5 minutes.

Helpful Information

- Try this recipe with acorn squash, kabocha, or any of the many winter squash sold at markets.
- Add 1 cup raisins, cranberries, apricots (chopped), or any of your favorite dried fruits for a hint of sweetness.

Source: Adapted from Mediterranean Squash Stew from GET FRESH!

Division of Nutritional Sciences, Cornell University & Cornell Cooperative Extension, 2001
part of CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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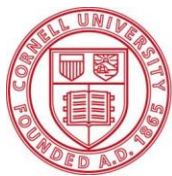
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Nutrition Facts	
Serving Size 1 cup Servings Per Recipe 5	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 4g	
Vitamin A 390%	• Vitamin C 180%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Calabaza y Col Rizada Salteadas

Rinde 5 raciones (1 taza cada ración)

Ingredientes

- ½ calabaza, pelada, sin pepita, y cortada en cubitos de ½ pulgada
- ½ racimo de col rizada, lavada y picada
- 1 cebolla pequeña, picada
- 2 dientes de ajo, picados
- 1 cucharada de vinagre or jugo de limón
- 1½ taza de tomates frescos cortados 1 cucharada de aceite vegetal

Instrucciones

1. Caliente el aceite en un sartén de freír a fuego mediano. Agregue la cebolla y el ajo. Sofría por 3 minutos o hasta que la cebolla esté suave.
2. Agregue y remueva los cubitos de calabaza. Sofría 1 minuto.
3. Añada el tomate. Tape el sartén, suba la llama a fuego alto, y deje que hierva. Ajuste el fuego para que hierva a fuego lento. Cocínelo de 10-15 minutos, o hasta que la calabaza esté suave.
4. Agregue la col rizada. Tápele y cocínelo por otros 5 minutos.

Información Útil

- Trate esta receta con calabaza de bellota, kabocha, o cualquiera de las calabazas que se venden en los mercados.
- Añada 1 taza de pasas, arándanos, albaricoques (picados), o cualquiera de sus frutas secas favoritas para darle un gusto dulce.

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