

CARMELIZED WINTER SQUASH

MAKES: 4 servings (1/2 cup serving)

INGREDIENTS

- 1 winter squash, peeled, cubed (~2 cups cubed)
- 2 Tablespoons olive oil
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon salt (or to taste)
- 1/4 teaspoon pepper (or to taste)

***Use almost any type of winter squash such as acorn, buttercup, butternut, carnival, or hubbard squash.**

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DIRECTIONS

Cut the winter squash in half and peel off the skin. Then scoop out and discard the seeds. Cut squash into 1/2" cubes.

Heat olive oil in a skillet over medium heat. Add cubed squash and toss or stir to coat. Sauté squash over medium heat until you can easily pierce with a fork, about 10 to 15 minutes (depending on the size of the cubes). Add red pepper flakes, salt, and pepper and cook for 5 to 10 more minutes until squash is caramelized. Then serve.

You can try adding a tablespoon of honey and a dash of cinnamon during the cooking process to enhance the sweet flavor.

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