CARAMELIZED 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.
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.