



Laura's Recipe Corner

Great Recipes from Laura McKay!

Kale and Butternut Squash Saute - Day 1 or 3

<http://www.fitnessmagazine.com>; Alison Lewis

Modified by Laura McKay, B.S., Health Educator (Modifications are in red)

Makes 4 servings

Preparation Time: 20 minutes

Start to finish: 32 minutes

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 3 pounds butternut squash, peeled and cut into 1/2-inch cubes (about 3 1/2 cups)
- 1/2 cup diced yellow onion (omit)
- 2 garlic cloves, minced (omit)
- 4 1/2 cups chopped fresh kale
- 1 teaspoon grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 tablespoons dried cranberries
- 4 tablespoons chopped walnuts or pecans, toasted (omit, use pistachios or pepitas)
- 4 tablespoons crumbled goat cheese (omit)

Preparation:

1. In a large skillet, heat oil over medium-high heat. Add squash, onion and garlic and cook, stirring constantly, until squash is lightly browned and slightly tender, about 7 minutes.
2. Add kale, lemon zest, lemon juice, salt and pepper and cook until kale is wilted and squash is tender, 5 to 7 minutes. Remove from heat.
3. Add cranberries and nuts; toss to combine. Sprinkle with goat cheese.

ENJOY!



Tip: A half cup of cooked butternut squash provides more than 80 percent of your daily vitamin A requirement for just 41 calories. The gourd is also a good source of fiber and vitamin C.

For the most flesh and fewest seeds, choose a squash with a large neck and a small bulb. And forget the fridge: Butternut does best in cool -- not cold -- dark places, where it will last as long as a month.

Candice Kumai, the author of the new cookbook *Cook Yourself Sexy*, purees squash and mixes it into her mac and cheese before baking. She also uses a vegetable peeler to shave it into ribbons, which can be lightly sauteed and added to salads or pasta dishes.

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