

Butternut Squash with Sautéed Chard

Makes 8 Servings – Serving Size: ½ cup

Ingredients:

2 tablespoons	extra virgin olive oil – divided into 4 and 2 teaspoons
2 tablespoons	garlic – fresh and minced, divided in half
½ teaspoon	salt – divided in half
½ teaspoon	black pepper – course ground, divided in half
4 cups	butternut squash – peeled, seeded, and small dice
8 cups (3 bunches)	chard – ribbing removed, rinsed, spin dried, julienne cut, firm packed

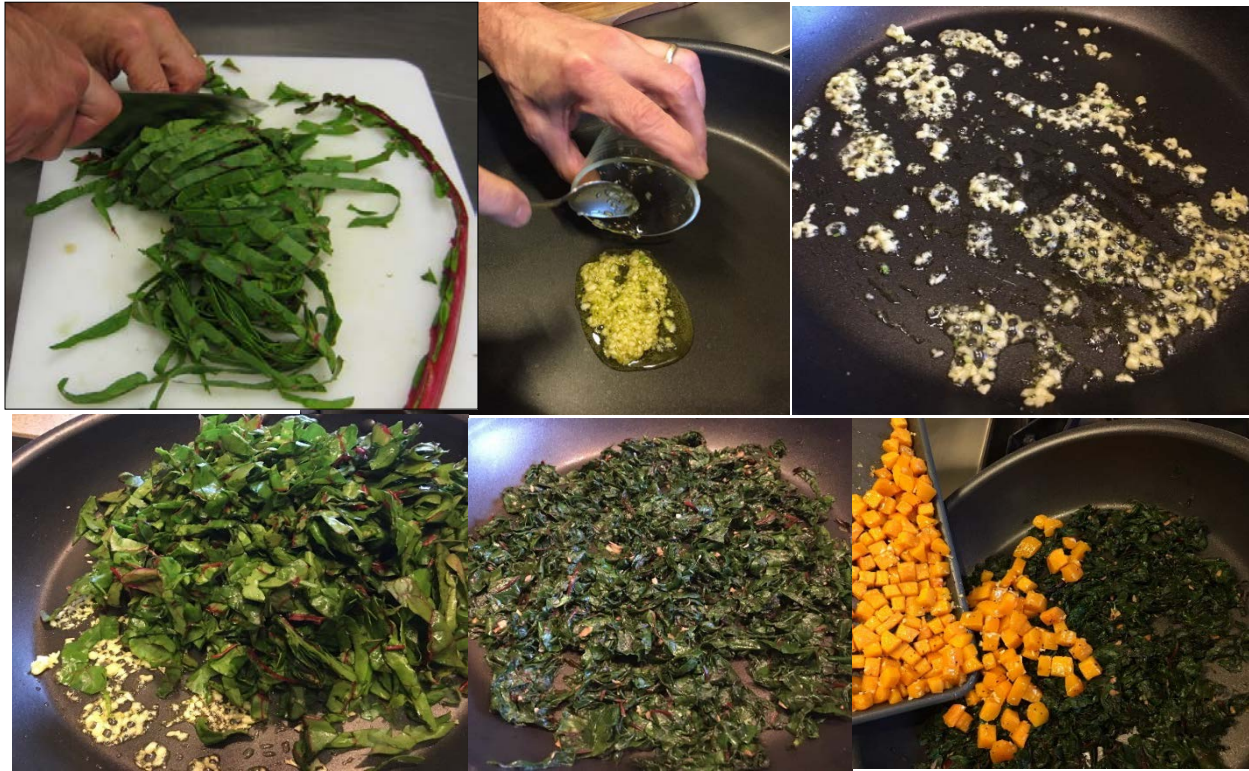
Procedure:

Add to mixing bowl 4 teaspoons extra virgin olive oil, 1 tablespoon garlic, ¼ teaspoons of salt and pepper and mix well. Add butternut squash, toss until well mixed, place onto baking sheet and bake at 350°F until tender (about 35 minutes). In small dish combine and stir together remaining oil and garlic, add to large sauté pan and heat on low flame until garlic becomes aromatic. Add chard, season with remaining salt and pepper and stir frequently for about 8 minutes or until tender. Turn off heat and set aside. When butternut squash is tender, remove and mix with chard and serve.

- Adding squash is a wonderful way to sweeten greens without adding sugar.

Nutritional Information per Serving:

Calories: 70	Sodium: 200mg	Sugars: 2g	Cholesterol: 0mg
Saturated Fat: 0.5g	Fiber: 2g	Protein: 2g	Carbohydrate: 10g



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