

Grilled Butternut Squash



Greater Cleveland
Food Bank

SERVES: 4-6

TIME: 30 minutes



Super Squash!

These hearty winter veggies are so much more than fall décor! They're packed with:

- **Potassium:** helps blood pressure
- **Beta-carotene:** immune system + eyes

Serve with poultry, fish or beans for protein, and some salad greens and fruit for a meal.

Adapted from: **New Native Kitchen**

Ingredients

- 2 Tablespoons canola oil
- 2 Tbsp sweetener (agave, maple, etc)
- ½ teaspoon salt
- Ground black pepper, to taste
- ½ shallot, peeled, diced (or onion)
- 1 Tbsp sage, chopped (or ¼ tsp dry)
- 1 butternut squash, peeled, seeded, cut into ¼" slices (save seeds to toast)

Directions

1. Mix oil, sweetener, salt, pepper, shallot and sage together in large bowl.
2. Add butternut squash; stir to coat.
3. Heat grill or griddle to 400F degrees.
4. Cook squash for 3 minutes on each side, or until tender.
5. Adjust seasoning if desired, and enjoy!

Grilled Butternut Squash

Grilled Butternut Squash



Greater Cleveland
Food Bank

SERVES: 4-6

TIME: 30 minutes



Super Squash!

These hearty winter veggies are so much more than fall décor! They're packed with:

- **Potassium:** helps blood pressure
- **Beta-carotene:** immune system + eyes

Serve with poultry, fish or beans for protein, and some salad greens and fruit for a meal.

Adapted from: **New Native Kitchen**

Ingredients

- 2 Tablespoons canola oil
- 2 Tbsp sweetener (agave, maple, etc)
- ½ teaspoon salt
- Ground black pepper, to taste
- ½ shallot, peeled, diced (or onion)
- 1 Tbsp sage, chopped (or ¼ tsp dry)
- 1 butternut squash, peeled, seeded, cut into ¼" slices (save seeds to toast)

Directions

6. Mix oil, sweetener, salt, pepper, shallot and sage together in large bowl.
7. Add butternut squash; stir to coat.
8. Heat grill or griddle to 400F degrees.
9. Cook squash for 3 minutes on each side, or until tender.
10. Adjust seasoning if desired, and enjoy!

Grilled Butternut Squash