

Sautéed Acorn Squash



Greater Cleveland
Food Bank

SERVES: 4-6



TIME: 30 minutes

About Acorn Squash

This winter squash is a North American staple:

- **Beta-Carotene + Vitamin C:** support immune system health
- **Fiber:** helps regulate blood sugar

Serve with turkey or bean stew for protein.

Adapted from: **New Native Kitchen**

Ingredients

- 2 Tbsp canola oil
- 1 acorn squash (peel, de-seed + chop)
- ½ cup red onion, sliced
- 2 Tbsp sliced green bell pepper
- ½ clove garlic, peeled + minced
- 2 Tbsp pine nuts (or walnuts)
- 2 Tbsp maple syrup (or breakfast syrup)
- 1/8 tsp salt
- Ground black pepper, to taste
- 2 Tbsp green onion tops, chopped

Directions

1. Heat large pan over high heat; heat oil.
2. Add squash, onion and bell pepper.
3. Stir-fry for about 3 minutes.
4. Add garlic and nuts; cook for 8 minutes.
5. Once squash is soft and browned, add syrup and remove from heat.
6. Season with salt and pepper, and garnish just before serving.

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