

# Featured Vegetable

## **BUTTERNUT SQUASH**

An excellent source of vitamin A, which is good for healthy eyes and skin. Also rich in Vitamin B6, Fiber, and Potassium.



### Butternut Squash and Apple Hash

Ingredients	Directions
<ul style="list-style-type: none"><li>● 2 Large Apples, cubed into 1/2 inch pieces</li><li>● 1 Butternut Squash, peeled, seeded and cubed into 1/2 inch pieces</li><li>● 2 Cloves of Garlic (minced)</li><li>● 2 Tbsp Fresh Sage, sliced into thin strips</li><li>● 2 Tbsp Olive Oil</li><li>● Salt &amp; Pepper to taste</li></ul>	<ul style="list-style-type: none"><li>● Heat a skillet over medium heat, add oil and heat until it shimmers</li><li>● Add in the Garlic and let cook for 30 seconds</li><li>● Add in Apples and Squash, season with salt and pepper, and toss</li><li>● Cook without moving for 5 minutes, then flip browned pieces.. Repeat 3 times or until squash is tender.</li><li>● Stir in the Sage</li><li>● ENJOY!!!</li></ul>