

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