



Sautéed Squash and Onions



Serves 4

30 minutes or fewer

For a quick side dish, double the recipe, freeze half, then heat it up when you're in a rush to get dinner on the table.

2 lbs. butternut squash, cut into 1-inch dice (about 4 cups)

2 Tbs. olive oil, divided

1 tsp. salt

1 small onion, chopped (about 1 cup)

3 cloves garlic, minced (about 1 Tbs.)

Preheat oven to 350F. Coat baking sheet with cooking spray.

Place squash, 1 Tbs. oil and salt in large bowl, and toss.

Heat remaining oil in skillet over medium heat. Add onion, and sauté 5 to 7 minutes. Add garlic, and cook 1 minute more. Add squash, and cook 5 minutes, or until just soft.

Spread squash mixture on prepared baking sheet. Season with salt and pepper, and bake 5 minutes, stirring occasionally. Remove from pan immediately to prevent sticking, and serve.

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