

Nourish Program's Tajin and Oregano Sautéed Butternut Squash

Yield: about 4 servings

Serving size: ½ cup

Amount:	Item:
1 lb.	Butternut squash, even size cubes, (~ ½ of medium squash)
1 Tbsp.	Water
1 Tbsp.	Canola oil
2 each	Garlic cloves, minced
2 tsp	Tajin spice, low sodium
1 tsp	Dried oregano
To taste	Red chili flakes

Method:

1. Add butternut squash and water to a microwave safe bowl and cover loosely with lid or a damp paper towel
2. Microwave on high for 3-5 minutes (until squash is tender), drain excess liquid, and set aside
3. Heat oil in a large pan over medium high heat until hot and shimmery
4. Add butternut squash and garlic and cook until butternut squash is lightly browned and soft but not mushy ~3-5 minutes
5. Add Tajin and oregano and continue cooking for an additional 2-3 minutes
1. Season with red chili flakes to taste

Helpful Tips:

- Substitute frozen butternut squash for fresh
- Substitute 1 tsp dried garlic for fresh garlic (1/2 tsp per clove of garlic)
- Substitute favorite spice for Tajin

Equipment Needs:

- Microwaveable safe bowl
- Lid or paper towel
- Chef knife
- Large sauté pan
- Measuring spoons
- Wooden spoon
- Cutting board
- Non-slip padding