

Butternut Squash Sauté

Serves 4

1 cup 100% apple juice
2 T apple cider vinegar
2 T sugar
1/4 t salt
1/2 t black pepper
1.5 T butter
4 cups butternut squash cubes
1 medium onion



Place apple juice, cider vinegar, sugar, salt, black pepper, butter, and butternut squash in a non-stick pan on high heat and cover. Peel and roughly chop the onion into large bite-sized pieces and add to squash. Cook covered for 10 minutes. Uncover and allow liquid to evaporate. When all liquid is gone reduce heat to medium and stir every minute for 5 minutes with a wooden spoon making sure to scrape the bottom of the pan to release sticky liquid on the bottom. Serve when mostly browned as shown in picture.

Nutrition information per serving (about 1 cup): 150 calories, 4.5g fat, 1g protein, 29 g carbohydrate, 160mg sodium, 5g dietary fiber. Excellent source of vitamins A and C.

Recipe Adapted from "Fast Food My Way" by Jaques Pepin

