Sauteed Butternut Squash and Kale

Serves 8

Ingredients
- ½ large or 1 small butternut squash, peeled, seeded, and cubed
- 2 Tbsp butter
- 1 Tbsp olive oil
- ½ tsp kosher salt
- Freshly ground black pepper
- ¼ tsp chili powder
- 1 bunch kale, leaves, torn, stalks discarded

Preparation

Heat 1 tablespoon butter and olive oil in a large skillet over high heat. Add squash and sprinkle with salt, pepper, and chili powder. Cook for several minutes, stirring gently until squash is deep golden brown and tender (but not falling apart). Remove to a plate and set aside. In the same skillet, melt 1 tablespoon of butter over medium-high heat and add in the kale. Toss it around with tongs and cook for 3-4 minutes. Add in the cooked squash and gently toss together. Serve as a side dish, as a main veggie dish, or as a filling for quesadillas or sandwiches.

Calories 90, Total Fat 5g, Sat Fat 2g, Sodium 135mg, Carbohydrates 11g, Fiber 2g, Sugars 2g, Protein 2g

Provided by: Kasey Pape MS, RD, LD