

## Sweet & Sour Butternut Squash

Makes 2-4 servings

This flavorful Indian dish brings out the natural sweetness of butternut squash. Have your child help by cutting the tomatoes and tearing the cilantro.

### Ingredients

- 1 tablespoon olive or vegetable oil
- ½ teaspoon fenugreek seeds (optional)
- ¼ teaspoon turmeric
- ½ red or white onion, cut into ¼ inch pieces
- 1 inch piece of ginger, peeled and finely chopped
- ¼ teaspoon red chili powder (optional)
- ¼ teaspoon asafetida (optional)
- 1 pound butternut squash, peeled, seeds removed, and cut into ½ inch pieces
- ½ teaspoon salt
- 2 tomatoes, cut into ½ inch pieces
- 1 tablespoon lime juice
- 1 handful of cilantro, leaves torn or chopped



Photo: NYT Cooking

### Directions

1. Heat oil in a large pan set over medium heat. Add the fenugreek seeds (if using) and cook for just a few seconds.
2. Add the turmeric onion and cook until soft, 3 to 4 minutes.
3. Add the ginger, chile powder and asafetida (if using) and cook until fragrant, about 1 minute.
4. Mix in the butternut squash and salt. Cover the pan and cook until the squash is soft but not mushy, 10 to 15 minutes.
5. Stir in the tomatoes and lime juice, then turn the heat to low. Cover the pan and cook until the tomatoes are soft, about 5 minutes.
6. Remove the pan from the heat. Sprinkle the cilantro on top.
7. Serve hot with brown rice or whole wheat tortillas and low-fat yogurt.

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