

Butternut Squash



Makes:

4 servings

Utensil:

Saladmaster Food Processor
9" Small Skillet with Cover

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Recipe:

Contributed By:

The Saladmaster® Guide to Healthy and Nutritious Cooking
Cookbook

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1 large
butternut squash, about 2 pounds (907 g)
½ teaspoon
butter, or vegan spread
(5
g)
¼ teaspoon
nutmeg
(1.25
mL)
¼ teaspoon
cinnamon
(1.25
mL)

Directions:

1. Quarter squash lengthwise and remove seeds.
2. Shred squash using Cone #1 (placing rind away from Cone to peel). Transfer to skillet, cover and cook over medium-low heat until Vapo-Valve™ clicks. Reduce heat to low and cook about 15 minutes. Add butter, nutmeg and cinnamon and stir to blend. Serve hot.

Nutritional Information per

▼ Serving

Calories: 116
Total Fat: 2g
Saturated Fat: 1g
Cholesterol: 3mg
Sodium: 9mg
Total 27g
Carbs:
Dietary Fiber: 5g
Sugar: 5g
Protein: 2g
