

Butternut Squash



Makes:

4 servings

Utensil:

Saladmaster Food Processor

9" Small Skillet with Cover

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Contributed By:

The Saladmaster® Guide to Healthy and Nutritious Cooking

Cookbook

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1

large

butternut squash, about 2 pounds (907 g)

¹?₂

teaspoon

butter, or vegan spread

(5

g)

¹?₄

teaspoon

nutmeg

(1.25

mL)

¹?₄

teaspoon

cinnamon

(1.25

mL)

Directions:

1. Quarter squash lengthwise and remove seeds.
2. Shredd 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 Carbs:

27g

Dietary Fiber:

5g

Sugar:

5g

Protein:

2g