

Butternut Hash

With love from the Eagle's Nest Garden and Kitchen



Ingredients

3 c. butternut squash (medium dice)
1 c. red pepper (medium dice)
1/3 c. red onion (medium dice)
1/2 c. raisins
1/4 c. cilantro (chopped)
1-2 tbsp. cooking oil

Spice Blend

2 tsp coriander
1 tsp cinnamon
1/2 tsp cardomon
Salt and pepper to taste

Prep time: 15-20 min Cooking time: 30-35 min

- Peel the butternut squash and then cut lengthwise down the middle. After dicing the squash, combine it with the spice blend in a mixing bowl. Add enough cooking oil to coat the mixture evenly. Pour onto a sheet pan and roast in the oven for about 30 min at 375°.
- While the squash is roasting, sauté the onions and red peppers. Add the raisins after a minute or two. When everything is lightly cooked, remove from heat.
- When the squash is tender and still hot, combine with red pepper mixture in bowl. Add chopped cilantro and fold together. Salt and pepper to taste.

Serve hot, Give Thanks, and enjoy!

OA Semester 31 students
cooked this delicious meal.

