

Roasted Honeynut Squash Kale

Sauté

Ingredients:

- 4 cups 3/4-inch cubes of butternut squash
- 2 tablespoons & 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- 1/4 teaspoon salt
- sprinkling of black pepper
- 1 to 2 cups of sliced red onion
- 3 cloves garlic, minced
- 6 cups thinly (3/4-inch) sliced kale (center ribs removed)

Recipe adapted from

http://www.simplyrecipes.com/recipes/roasted_butternut_squash_kale_saute/

For more recipes, visit <https://stjoefarm.wordpress.com>

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Prep time: 10 mins

Total time: 40 mins

Servings: 4



Roasted Honeynut Squash Kale Sauté

Directions:

1) Preheat oven to 425°F. Place cubed butternut squash in a bowl and toss with 1 teaspoon olive oil, salt and pepper. Spread out onto lined baking sheet. Roast in oven for 25 minutes or until the squash is cooked through and browned on the edges.

2) 15 minutes into roasting the butternut squash, start on the onions. Heat olive oil on medium high heat. Add the sliced red onion and toss to coat. Let cook for 7 to 8 minutes until softened. Add the garlic and cook a minute more.

3) Add the balsamic vinegar and the shredded kale. Stir until the kale is mixed well with the onions. Let cook for a minute or two until the kale is just wilted (don't overcook). Then stir in the roasted butternut squash. Add salt and pepper to taste.

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