



## Sautéed Winter Squash



### **Ingredients:**

- 1 Medium winter squash
- Salt
- Pepper
- 1 Tbsp. Olive oil or chicken broth (optional)

### **Preparation:**

Remove tips from each end of squash. Cut squash into small pieces, leaving the skin on unless it is very tough. Heat olive oil or chicken broth (can use water) in a pan. Add squash, sprinkle with salt and pepper, cover, and cook-

for 10 to 15 minutes at moderate heat. Remove cover and cook a little longer for the excess liquid to evaporate. Serve hot.

### **Nutritional Information per 1/2 cup (without oil) :**

*Calories 39, Fat 0g,  
Protein 1g,  
Carbohydrates 9g,  
Fiber 3g,  
Cholesterol 0 mg*

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)  
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