



The Kitchen at Second Harvest

## Butternut Squash and Chile Pan-Fry try at home recipe

flip to learn more!



### Ingredients

- 1 medium butternut squash, about 1 1/2 to 2 pounds
- 1 1/2 tablespoons vegetable oil
- 1 cup chopped onion
- 1 teaspoon salt
- 1/2 teaspoon chili powder
- 1 can (8 ounces) diced green chilies
- 1 cup grated low-fat cheese

**Yield: 10 servings**

**Serving Size: 2/3 cup**



### Directions

1. Peel squash, cut in half lengthwise and remove seeds. Cut the squash into 1/2-inch cubes.
2. In a large skillet, heat oil over medium heat (300 degrees F in an electric skillet). Add onions and cook, stirring for about 3 minutes. Add the squash, salt and chili powder.
3. Cover and cook, stirring every few minutes, for 10 to 12 minutes. Stir in chiles and cook about 3 minutes.
4. Sprinkle with cheese and cover until cheese melts, about 2 minutes. Serve hot.

Find more recipes, free classes,  
and ways to get involved!



[secondharvestkitchen.org](http://secondharvestkitchen.org)



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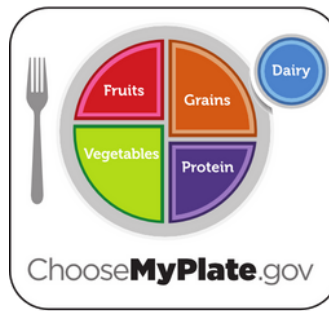


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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.

## Cooking Tips

- Substitute green chiles with any pepper of your spice-level preference
- Prepare fresh chiles by roasting either by placing them over a stovetop gas flame or by roasting under an oven broiler. Turn them frequently until all sides are charred black, about 7 to 10 minutes. Allow peppers to cool, about 15 minutes. Remove the stems, skins and seeds and chop.
- Use as a filling for tacos, burritos or wraps!

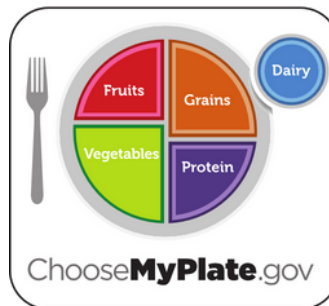
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## Nutrition Facts

Using low-fat Monterey jack cheese

Nutrition Facts	
10 servings per container	
Serving size	2/3 cup
Amount Per Serving	
<b>Calories</b>	<b>90</b>
% Daily Value*	
<b>Total Fat</b> 4.5g	6%
Saturated Fat 1.9g	10%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 330mg	14%
<b>Total Carbohydrate</b> 10g	4%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	8%
Vitamin D 0mcg	0%
Calcium 117mg	8%
Iron 0.72mg	4%
Potassium 282mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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