

Butternut Squash Skillet

OVEN: 375 F

MAKES 3-4 SERVINGS

Recipe by FAWB Volunteers

Ingredients

2 cup Butternut Squash (chopped in ½ inch cubes)
4 Eggs
Substitution: 1 lb. cooked Ground Beef or Turkey
4 tbsp Olive Oil, divided in two parts
½ cup Onions, diced
½ cup Peppers, diced
½ cup Chopped Tomato
½ tbsp Garlic powder
Pinch of Salt and Pepper (to taste)
1 cup Cheddar Cheese

Optional Garnishes:

Cilantro
Parsley
Chives

Directions

1. Add butternut squash to a bowl and season with salt, pepper, garlic powder, and 2 Tbsp olive oil. Mix until oil and seasoning coat the squash.
2. Spread on a foil-lined baking sheet and bake for 40 minutes.
3. Heat the remaining olive oil in a skillet over medium heat. Add onions and peppers and sauté until tender.
4. Add baked butternut squash; mix well and let rest for 1 minute. Add tomatoes and continue cooking for 30 seconds.
5. Add eggs and additional salt, pepper, or garlic powder to taste. When eggs are nearly cooked, add cheddar cheese on top and let it melt before removing from heat.
6. Top with additional garnishes and enjoy!

Notes: eggs can be substituted for 1lb ground beef/turkey. Cook the ground beef/turkey before adding to the skillet.

Add additional vegetables to the skillet (like broccoli, cauliflower, etc.) to add nutrients and color! 😊