

# SAUTÉED ACORN SQUASH

## INGREDIENTS

- ½ cup unsalted butter, melted
- 1 tablespoon chili powder
- 2 teaspoons cumin
- ½ teaspoon sea salt
- 1 tablespoon brown sugar
- 4 small acorn squash, seeded and cut into ¼-inch cubes
- Extra-virgin olive oil

## DIRECTIONS

1. In a large bowl, combine the butter, chili powder, cumin, salt and brown sugar. Toss the squash in the mixture until evenly coated.
2. Heat a drizzle of extra-virgin olive oil in a large skillet with a lid over medium-high heat. Add the squash in an even layer and cook, stirring occasionally, until golden brown in spots, about 10 minutes.
3. Carefully add a splash of water and immediately cover the skillet. Reduce the heat to medium and cook until tender when pierced with a fork, about 10 minutes.

## NUTRITION INFORMATION

Calories: 202 | Protein: 2g | Carbohydrates: 26g | Total Fat: 11g | Fiber: 4g | Cholesterol: 30mg |  
Sodium: 325mg | Total Sugars: 3g