



Cornell University
Cooperative Extension
New York City



Squash and Kale Sauté

Yields 5 servings (1 cup each)

Ingredients

- ½ butternut squash, peeled, seeded and cut into ½ inch cubes
- ½ bunch kale, washed and chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon vinegar or lemon juice
- 1½ cups diced fresh tomatoes
- 1 tablespoon vegetable oil

Instructions

1. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes or until onion is soft.
2. Stir in squash and sauté 1 minute.
3. Add tomato. Cover pan, increase heat to medium -high, and bring to a boil. Adjust heat to simmer. Cook 10-15 minutes, or until squash is tender.
4. Add kale. Cover and cook another 5 minutes.

Helpful Information

- Try this recipe with acorn squash, kabocha, or any of the many winter squash sold at markets.
- Add 1 cup raisins, cranberries, apricots (chopped), or any of your favorite dried fruits for a hint of sweetness.

Source: Adapted from Mediterranean Squash Stew from GET FRESH!
part of CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
Servings per recipe	5 servings
Serving size	1 cup
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 160mg	4%

*The % Daily Value 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.

Label analysis based on ingredients listed.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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Salteado de Calabaza y Col Rizada

Rinde 5 porciones (1 taza cada porción)

Ingredientes

- ½ calabaza pelada, sin semillas y picada en cubitos de ½ pulgada
- ½ col rizada, lavada y picada
- 1 cebolla mediana, cortada
- 2 dientes de ajo, picado finamente
- 1 cucharada de vinagre o jugo de limón
- 1½ tazas de tomates frescos y picados
- 1 cucharada de aceite vegetal

Instrucciones

1. Caliente el aceite en un sartén de freír a fuego mediano. Agregue la cebolla y el ajo. Sofría por 3 minutos o hasta que la cebolla esté suave.
2. Agregue la calabaza. Sofría 1 minuto.
3. Añada el tomate. Tape el sartén, suba la llama a fuego mediano-alto, y deje que hierva. Ajuste el fuego para que hierva a fuego lento. Cocínelo de 10-15 minutos, o hasta que la calabaza esté suave.
4. Agregue la col rizada. Tápele y cocínelo por otros 5 minutos.

Información Útil

- Trate esta receta con calabaza de bellota, kabocha, o cualquiera de las calabazas que se venden en los mercados.
- Añada 1 taza de pasas, arándanos, albaricoques (picados), o cualquiera de sus frutas secas favoritas para darle un gusto dulce.

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