

Butternut Squash and Chile Pan-Fry

This recipe is a good source of Vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 1 medium butternut squash, about 1 1/2 to 2 pounds
- 1 pound fresh green Poblano chilies (about 4 whole peppers) or 1 cup canned Poblanos chopped
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 teaspoon salt
- 1/2 teaspoon chili powder
- 1 cup grated cheese, try Monterey Jack or Mozzarella

Directions:

1. Peel squash, then cut in half, and remove the seeds. Cut the squash into 1/2 inch pieces.
2. Prepare fresh chilies by roasting the peppers either by placing them over a stovetop gas flame or roasted under an oven broiler, turning them frequently until all sides are charred black, about 7-10 minutes. Place roasted peppers in a plastic bag, let rest and cool, about 15 minutes. Remove the stems and seeds and chop.
3. Heat oil over medium heat. Add onions and cook, stirring for about 3 minutes. Add the squash, salt, and chili powder. Cover and cook, stir occasionally about 10-12 minutes. Stir in chopped chilies and cook about 3 minutes.
4. Sprinkle with cheese and cover until cheese melts, about 2 minutes.
5. Serve hot. Refrigerate leftovers within 2 hours.

Bright Ideas:

Nutrition Facts			
Serving Size 1 cup (186g)			
Servings Per Container 6			
Amount Per Serving			
Calories 150	Calories from Fat 50		
% Daily Value*			
Total Fat 6g			9%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 540mg			23%
Total Carbohydrate 19g			6%
Dietary Fiber 3g			12%
Sugars 5g			
Protein 7g			
Vitamin A 250%	•	Vitamin C 160%	
Calcium 15%	•	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

6 servings, 1 cup each

Source: Janice Gregg, Linn and Benton County, Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>