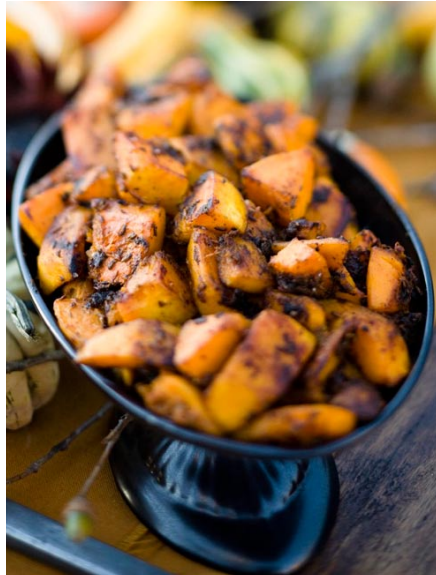


Sweet and Sour Squash

Spice of Life | October 2008



Toasted cumin seeds round out this sweet-tangy-spicy squash dish.

PREP: 25 MINUTES COOK: 20 MINUTES

- 1 2 1/4-2 1/2-LB. BUTTERNUT SQUASH
- 1/4 CUP CANOLA OIL
- 1 2-INCH-PIECE FRESH GINGER, PEELED AND MINCED
- 1 JALAPEÑO PEPPER, SEEDED AND CHOPPED
- 1/2 TSP. CUMIN SEEDS
- 1/4 TSP. CAYENNE PEPPER
- 1 1/2 TSP. SUGAR
- 1 TSP. SALT
- 1 TBSP. LIME JUICE

Cut the squash in half lengthwise. Peel squash with a vegetable peeler or paring knife and scrape out the seeds. Cut the squash halves lengthwise into 1/2-inch-thick strips. Cut each strip crosswise into 1 1/2-inch pieces.

Heat the oil in a large wok or skillet over medium-high heat. Add the ginger and cook, stirring 1 minute. Add the jalapeño pepper and cumin seeds and cook for 1 minute. Add cayenne and cook, stirring, for 30 seconds.

Add squash to wok or skillet and stir to coat with oil. Stir in the sugar and salt. Reduce heat to medium. Cover and cook until squash is just tender, about 20 to 25 minutes, stirring occasionally. Stir in lime juice. Mash the squash lightly with a spoon to break up some of the pieces, if desired. Season to taste. Serve immediately. Makes 4 to 6 servings.

Per serving: 229 cal., 14 g total fat (1 g sat. fat), 0 mg chol., 591 mg sodium, 28 g carbo., 5 g dietary fiber, 2 g protein.