

## 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**

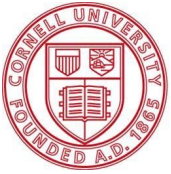
<b>Nutrition Facts</b>	
Servings per recipe	5 servings
Serving size	1 cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber 3g	11%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

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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Cornell University  
Cooperative Extension  
New York City



## 南瓜炒羽衣甘蓝

可供5人食用（每人1杯）

### 材料

- ½ 个葫芦瓜，去皮、去籽，切成½英寸大小的块
- ½ 束羽衣甘蓝，洗净，切碎
- 1 个小洋葱，切碎
- 2 瓣大蒜，切碎
- 1 汤匙醋或柠檬汁
- 1½ 杯切碎的新鲜番茄
- 1 汤匙植物油

### 烹饪步骤

1. 在煎锅中加热油，中火。加入洋葱和大蒜。炒3分钟，直到洋葱变软。
2. 加入南瓜，炒1分钟。
3. 加入番茄。盖上锅盖，将火调至中高，煮沸。调整火力至小火。煮10-15分钟，或直到南瓜变软。
4. 加入羽衣甘蓝。盖上锅盖，再煮5分钟。

### 小窍门

- 尝试使用橡皮瓜、日本南瓜或市场上出售的其他冬南瓜做这道菜。
- 加入1杯葡萄干、蔓越莓、杏脯（切碎）或其他你喜欢的干果，增添一丝甜味。

来源：改编自 GET FRESH! 中的地中海南瓜炖菜，CUCE-NYC FMNP Recipe Collection 2015

要查找农民市场的食谱，请访问：<http://nyc.cce.cornell.edu/farmers-market-recipes/>

要查看食谱视频，请访问我们的YouTube频道：**Farmers Market Recipes CCE NYC**

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