



Yummy Butternut Home Fries



1/4th of recipe (about 2/3 cup): 58 calories, 2g total fat (<0.5g sat fat), 246mg sodium, 11g carbs, 2g fiber, 3g sugars, 1g protein

Blue Plan (Freestyle™) SmartPoints® value 1*

Prep: 10 minutes **Cook:** 20 minutes



Ingredients

1/2 medium onion, chopped
1 1/2 tsp. olive oil
2 cups peeled and cubed butternut squash (1-inch cubes)
1/2 medium red bell pepper, chopped
1/4 tsp. pumpkin pie spice
1/4 tsp. each salt and black pepper
Dash of cayenne pepper
1/2 cup chicken or vegetable broth

Directions

Bring a skillet sprayed with nonstick spray to low heat. Add onion and oil. Cook and stir until translucent, about 3 minutes.

Raise heat to medium, and add all remaining ingredients *except* broth. Cook and stir until squash has partially softened, 6 - 8 minutes.

Raise heat to high, add broth, and bring to a boil.

Reduce heat to low. Cook and stir until broth evaporates, about 3 minutes.

Cover and cook for 3 more minutes, or until squash is tender.

MAKES 4 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.