



## 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

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

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### 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**

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