Mediterranean Squash Stew
Makes 6 servings – 1/6th of recipe

Ingredients:
½ butternut squash (3 cups cubed)
¼ bunch kale (2 cups chopped)
½ onion (½ cup chopped)
2 cloves garlic
1 14.5 ounce can diced tomatoes
1 tablespoon lemon juice
1 tablespoon brown sugar
1 teaspoon yellow mustard
1 teaspoon oregano
1 teaspoon salt
2 teaspoons vegetable oil
2 cups cooked white rice

Be Creative! Substitute kale with spinach or other fresh greens. Use brown rice instead of white rice.

Directions:
1. Peel and seed squash. Cut into ½ inch cubes.
2. Wash kale. Remove leaves from stems and chop.
3. Chop onion and mince garlic.
4. To make sauce: combine tomatoes, lemon juice, brown sugar, mustard, oregano, and salt in medium bowl; set aside.
5. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes, or until onion is soft.
6. Stir in squash and sauce. Cover pan, increase heat to medium-high, and cook 15 minutes, or until squash is tender.
7. Add rice and kale. Cover and cook another 5 minutes.

Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001