

## **Butternut Squash and Spinach**

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 10 - 12 minutes

Serves: 4

**CChints:** Butternut squash has beta-carotene and can stain your hands. Wear at least 1 plastic glove when you peel and cut it to avoid staining your hands. This squash is available just about year round in your local market.



1/2 cup chopped pecans, toasted

2 cups bite size pieces of butternut squash, peeled (about 1-1/2 pound whole squash)

1 Tablespoon water

1-1/2 teaspoons honey

1/2 teaspoon brown sugar

1/2 teaspoon salt, divided

2/3 cup apple juice

1-1/2 tablespoons apple cider vinegar

1 cup sliced sweet, yellow onion

1/3 cup dry white wine

5 ounce bag prewashed spinach

Dash of black pepper

Place the pecans in a large, dry, nonstick pan over medium heat. They should start to brown and release their oils in a minute or 2. Stir occasionally and remove them from the pan before get too brown. Set them aside and you will use the pan again in a few minutes.

Put the pieces of squash in a microwaveable bowl that has a cover and add the water. In a small bowl, combine the honey and sugar and stir to blend. Pour over the squash and microwave for 1-1/2 minutes with the cover vented to release steam. Use a fork to check for tenderness. If they are not tender, microwave for another minute until they become tender but not falling apart. Drain off the water and set aside for now.

Return the large pan to the heat and turn it to medium. Add the apple juice and vinegar to the pan and stir well. Add the onions and allow it to come to a low boil. Cook for 6 – 8 minutes until the liquid reduces in half. Reduce the heat and add the spinach to the pan. It probably won't all fit so only put in what will fit and wait about 30 seconds and stir in more and wait and stir in the rest. Return the squash to the pan and sprinkle with the rest of the salt and the pepper. Gently stir to make sure all the spinach wilts. Remove the pan from the heat and use a slotted spoon to transfer the vegetables to a serving bowl and enjoy.