

*This Italian dish combines butternut squash chunks with broccoli in a garlic and red pepper-scented sauté. Other winter squash such as pumpkin may also be used. The recipe is based on one from Relishmag.com and is a very tasty accompaniment to your "Company Supper" Cider-Braised Pork Loin in the Main Dish section. Use pre-cut and washed broccoli to save time.*



## Garlicky Squash & Broccoli

2 Tbs. olive oil  
1/4 tsp. red pepper flakes  
4 c. large broccoli florets  
3 tsp. bottled minced garlic  
1 pkg. frozen butternut  
cubes, lightly cooked  
according to package  
directions (about 2-1/2 c.)  
1/2 tsp. kosher salt  
Coarsely ground black  
pepper  
1/2 c. freshly grated  
Parmigiano-Reggiano or  
regular block parmesan  
cheese\*

1. Preheat oven to 350F degrees.
2. Heat oil and red pepper flakes in a large heavy skillet over medium heat until oil starts to sputter and darken slightly.
3. Add broccoli and stir-fry 3-4 minutes. Increase heat to high; pour in 1/3 c. of water. Cover with a tight-fitting lid, steam 3-4 minutes.
4. Transfer to a baking dish. Scatter garlic and butternut squash over broccoli; stir well. Sprinkle with cheese and bake until cheese melts; about 10-12 minutes.

\*Pre-grated cheeses are not legal on the SCD because cellulose is added to prevent clumping.