

Souper Season of Comfort, Winter 2001

Appetizers

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Sautéed Squash Slices

Hello. Here's more fruit and vegetable news you can really enjoy. This is the season for winter squash and whilst they are often roasted, you can also swiftly cook these slices on the griddle. I prefer butternut squash for this recipe. Use a peeler to remove the skin and a sharp knife to cut into slices, about ¼-inch thick. Combine ½ cup flour with ¼ teaspoon each of salt, pepper, dried basil, and oregano. Shake the squash slices in a bag with this seasoned flour. Spray the griddle or non-stick pan with olive oil and sauté the squash until brown, over moderate heat. Dust with parsley and serve. This is much quicker than roasting and it's a delicious winter side dish. Eight slices makes 1½ vegetable servings. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Sautéed Winter Squash

Serves 6

Provides 1½ vegetable servings per person

- 4 cups winter squash, peeled and sliced (1½ pounds)
- ½ cup flour
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- 1 tablespoon fresh parsley

1. Cut the squash into ¼-inch slices.

Trim off the rind.

2. Combine the flour, salt, pepper, basil, and oregano in a plastic bag. Add the squash and shake to coat lightly.

3. Heat a griddle or large frying pan on medium high. Spray with olive oil and sauté 3 to 4 minutes on each side or until the outside is golden brown and the inside soft. Dust with chopped parsley and serve as a side dish.

Nutritional Analysis

81 calories

1 g fat

16% calories from fat

0 g saturated fat

0% calories from saturated fat

16 g carbohydrates

144 mg sodium

2 g dietary fiber