



CALABACITAS

by The Food Next Door- SWELL

Ingredients

Makes 3-4 servings

2 acorn squash, roasted and diced

½ onion, chopped

2 cloves garlic, minced

2 Tbsp olive oil

Handful grated cheese (optional)

Parsley or oregano, to taste

Chipotle, chile flakes or fresh chile

Salt and pepper to taste

Directions

Set oven to medium broil. Choose an oven-proof saute pan, such as a cast iron pan. Cook halved and de-seeded acorn squash separately for 15 minutes, let cool and dice. Add oil to pan, then add onions and diced acorn squash. Saute briefly for 2-3 minutes over medium heat. Add minced garlic, fresh herbs, salt, and pepper. Toss and sauté for 1-2 more minutes. Turn off stove. Sprinkle with cheese and chipotle or chile then add to oven. Since the setting here is on broil, watch your calabacitas so they don't burn! Broil for 2 minutes or until cheese is melted. Remove from oven and enjoy warm and fresh!

We believe that health starts with good food, but good food does not exist without real farms.

Thank you for joining our subscription program and helping us promote health through a sustainable food system.

Mother Earth will thank you too, and you will feel the difference!

