



JERSEY TASTES! RECIPES

Butternut Squash Bowl

INGREDIENTS

Family Size Serves 4-6

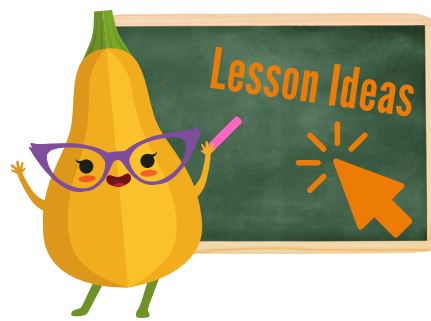
(Double Recipe for Classroom Taste Test)

- 1 whole Butternut Squash
- 1 Tbsp Olive Oil
- 3 Scallions
- 1 can (150z.) Black Beans
- 1.5 cups Brown Rice, cooked
- 1 cup Corn, frozen
- 2 cups Spinach, fresh
- 1 tsp Smoked Paprika
- 1 tsp Chili Powder
- 1 tsp Garlic Powder
- 1 tsp Parsley Flakes
- 1 tsp Oregano
- 1 tsp Salt

RECIPES MADE IN COLLABORATION WITH:



Teacher Resources



DIRECTIONS

- 1** Cut butternut squash in half, remove seeds & pulp. Bake face up for 50-60 minutes at 400°
- 2** Heat olive oil in large skillet, add in chopped scallions and sauté until fragrant then add in beans, rice and all the spices
- 3** Add in the corn and spinach, continue to stir and sauté until spinach reduces down
- 4** Scoop out & mash the cooked squash and place it at the bottom of the bowl
- 5** Place rice, beans, corn & spinach on top of the squash mash