

## Curried Butternut Squash and Potato

*Just Say Yes* to Fruits and Vegetables

*Try some different flavors in this delicious dish.*



[jsyfruitveggies.org](http://jsyfruitveggies.org)

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## Curried Butternut Squash and Potato

Serves 6 • Serving: 1 cup



*Instead of throwing out the squash seeds, roast them in the oven!*

### Ingredients:

- 1 tablespoon vegetable oil
- 1 diced onion
- 1 chopped garlic clove
- 2½ teaspoons curry powder
- 1 butternut squash
- 2 chopped potatoes
- Salt and pepper, to taste
- 1½ cups water
- ¾ cup raisins
- Chopped fresh cilantro, to taste (optional)

### Directions:

1. Heat oil in a medium pot over medium heat.
2. Add the onion and cook for 5 minutes.
3. Add curry, squash, potatoes, salt, and pepper. Cook for 5 minutes, stirring often.
4. Add water and raisins, cover, and cook until the squash and potatoes are soft, about 5 to 10 minutes.
5. Add cilantro, serve, and enjoy!
6. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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