

Butternut Squash Sauté

3 tablespoons olive oil
1 cup chopped onion
1 garlic clove, minced
1/2 teaspoon cumin
2 cups butternut squash, peeled, seeded and cut into 1/2 inch cubes
1/2 cup George Washington broth, Golden flavor

Heat oil in heavy large skillet over medium heat. Add onion and sauté until tender, about 6 minutes. Add garlic and cumin and sauté until fragrant, about 1 minute. Add butternut squash and stir to coat. Add broth and simmer until squash is almost tender and liquid is absorbed, about 10 minutes.

Serve with low protein pasta of your choice.

Per recipe: 215 mg phe
Per 1/4 cup serving: 17 mg phe



University of Washington PKU Clinic
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>