

Spicy Butternut Squash Noodles with Sage

Makes 4 Servings

Ingredients

1 medium butternut squash
1-2 Tablespoons olive oil or ghee
2 teaspoons cinnamon
6 fresh sage leaves
Pinch of nutmeg
½ Tablespoon red pepper flakes (or to taste
if you don't like things too spicy)



Directions

1. Cut the top (solid) end off the butternut squash and peel.
2. Using the spiral vegetable slicer, make the butternut squash noodles.
3. In a medium to large skillet heat the olive oil or ghee over medium heat. Add the cinnamon, nutmeg, and sage leaves. Cook stirring constantly for 1 minute. Add the butternut squash noodles and toss.
4. Let them cook for 2 minutes and toss again. Cook until tender (around 5 minutes).

Nutrition Information per Serving: Calories: 70, Total Fat: 4gm, Saturated Fat: 0.5gm, Cholesterol: 0mg, Carbs: 10gm, Fiber: 2gm, Protein: 1gm