

## Roasted Honeynut Squash Kale Sauté

Makes 4 servings

Recipe Adapted from: [Simply Recipes](#)

### Ingredients

2 honeynut squash, cubed (from about 1.5lbs whole honeynut squash)\*

1 tsp olive oil

1 tsp balsamic vinegar

¼ tsp salt

Pinch of black pepper

1 Tbsp olive oil

1 large red onion, quartered and sliced

3 cloves garlic, minced

1 tsp balsamic vinegar

6 cups thinly sliced kale, center ribs removed  
(from about 1 bunch of kale)

1 medium apple, cubed\*\*

½ cup slightly broken up walnuts

Salt and pepper, to taste



\*if you can't find honeynut squash, you can substitute other winter squashes like butternut or acorn squash

\*\*you could also use ½ cup dried cherries, dried cranberries or pomegranate seeds instead of the apple

### Directions

1. Preheat oven to 425°F. Place cubed honeynut squash in a bowl and toss with 1 tsp olive oil, 1 tsp balsamic vinegar, salt and pepper.
2. Spread onto a lined baking sheet and roast in the oven for 25 minutes or until the squash is cooked through and browned on the edges.
3. While the squash is roasting, prep the other ingredients (wash and cut onion, kale, apple, etc).
4. About 15 minutes into roasting the squash, heat 1 Tbsp olive oil on medium heat. Add sliced red onion and toss to coat. Cook 7-8 minutes or until softened and starting to caramelize. Add minced garlic and cook 1 minute more.
5. Add 1 tsp balsamic vinegar, apple and kale. Stir until kale is mixed well (tongs work great for this). Cook for a few minutes until the kale is just wilted.
6. Stir in walnuts and roasted honeynut squash and add salt and pepper, to taste.
7. Serve with chicken, pork tenderloin, salmon or any other protein and enjoy!

**Nutrition Information per Serving:** 260 calories, 15gm total fat, 1.5gm saturated fat, 310mg sodium, 32gm carbohydrates, 6gm fiber, 6gm protein