



**GENESIS**  
*Health Solutions*  
WHERE HEALTH BEGINS

## ROASTED BUTTERNUT SQUASH AND SAUTEÉD KALE

By Dr. Cindy Tanzar  
(Standard/Vegan)

With the arrival of the Fall, we have received several requests for seasonal recipes. Since this squash and kale are made separately (one roasted, one stove top), you can either eat them separately or combine them. The roasted sweetness of the squash adds great flavor to the kale when mixed, but the vinegar added to the kale when served alone is amazing! It is a beautiful addition to a holiday table, too. You can add the vinegar when mixed, as well, for a sweet and sour taste. Makes 4-6 servings. One serving of this recipe is 1 cup of cooked vegetable and covers your vegetable for one meal.



### ROASTED BUTTERNUT SQUASH

1 butternut squash, peeled, seeded and cut into 1-inch cubes  
2 Tbs. extra-virgin coconut or avocado oil  
Pink Himalayan salt & fresh-ground pepper, to taste



**GENESIS**  
*Health Solutions*  
WHERE HEALTH BEGINS

## INSTRUCTIONS

[Click here](#) for instructions to peel a butternut squash.

Preheat oven to 400°F. Toss cubed squash in oil, pink salt and pepper and arrange in a single layer on a parchment-lined baking pan. Roast for 25-30 minutes, until tender, turning once.

## SAUTÉED KALE

1-1/2 lbs. organic kale, stem/ribs removed and coarsely chopped  
2 cloves of garlic, minced  
1-2 sliced or chopped shallots (or 1/3 cup red onion)  
2 Tbs. extra-virgin coconut, avocado oil  
1/2 cup organic chicken or vegetable broth  
Pink Himalayan salt & fresh-ground pepper, to taste  
2 Tbs. red wine vinegar (optional)

## INSTRUCTIONS

Heat oil in large saucepan over medium-high heat. Add garlic and shallots, cooking until soft. Add the broth and kale, tossing to combine. Cook covered for 5 minutes. Remove cover, add salt and pepper and continue to cook, stirring until liquid has evaporated. Add vinegar.

For another twist – brown ground beef and add to your dish to make a healthy, hearty meal.