

Sautéed Winter Squash with Garlic, Ginger, Spices and Cilantro

3 cups butternut squash, peeled and diced into ½" cubes

3 Tablespoons olive oil

4 cloves of garlic, minced

1 Tablespoon ginger, minced

½ teaspoon ground cumin

¼ teaspoon ground coriander

1/8 teaspoon ground cinnamon

A pinch of cayenne

2 Tablespoons chopped cilantro

Heat the olive oil in a sauté pan large enough to hold the diced squash. Allow the oil to get hot, but not smoking. Add the squash and cook at medium-high heat for a few minutes without stirring. When it starts to caramelize on one side, stir the squash so that the other sides of the diced pieces are cooking and caramelizing. Add the ginger and garlic, and sauté until the garlic starts to look golden. Add the ground spices and salt, stirring to coat the squash evenly.

Continue cooking without stirring until you notice that caramelization is happening with the garlic and squash. As it gets closer to being done, the squash will look brown. Try not to let it blacken it. Cook until the squash is soft and edible (about 10 minutes, depending on the size of the dice).

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