



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

SAUTÉED WINTER SQUASH WITH LEEKS & GARLIC

Recipe by Natural Gourmet Institute

YIELD: 8 SERVINGS

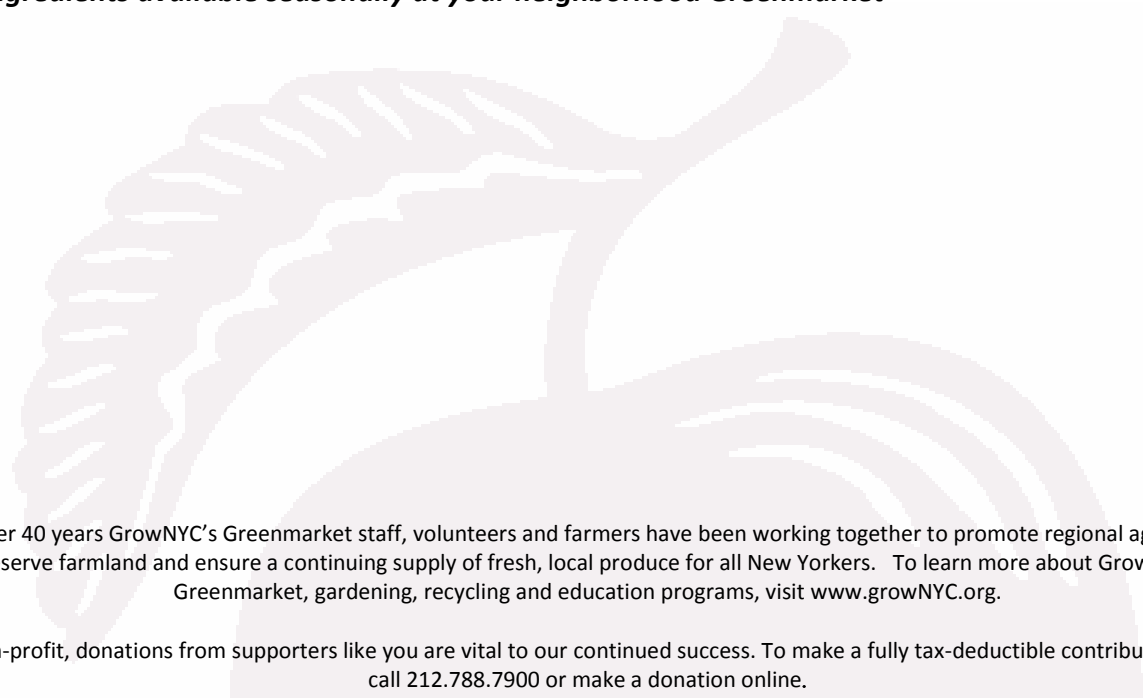
Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 leek*, white part halved and thinly sliced
- 2-4 garlic cloves*, thinly sliced
- 1 large winter squash* (butternut, kabocha, acorn, etc.) peeled and cut into ½-inch dice
- ¼ teaspoon sea salt
- Pinch black pepper
- Pinch nutmeg
- 1 cup water or vegetable stock

Procedure:

1. In a medium skillet, warm olive oil. Add the leeks and cook over medium heat, being careful not to stir until leeks begin to caramelize. Only leeks are evenly golden, stir in garlic and cook 1-2 minutes until tender and fragrant.
2. Add the squash, salt, pepper, and nutmeg; sauté until warm, about 3 minutes. Add water or stock and bring to a boil. Once bubbling, lower heat and let simmer until the squash is tender.

****Ingredients available seasonally at your neighborhood Greenmarket***



For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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