

Butternut Squash, Sweet Potato & Apple Hash

Serves 6-8



VEGAN



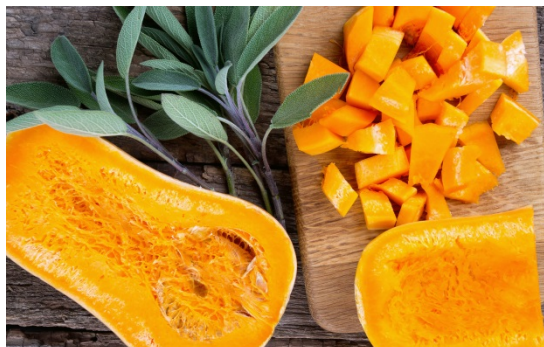
VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 tablespoon olive or canola oil
- ½ medium yellow onion, diced
- 1 medium butternut squash
- 2 small sweet potatoes
- 2 medium apples, chopped
- 2 tablespoons fresh sage, minced
- ¼ cup pecans, roughly chopped
- Salt and pepper to taste

Directions

1. Preheat oven to 400°F.
2. Peel butternut squash, cut in half lengthwise, and scoop out seeds. Cut into ½-inch pieces. Peel sweet potatoes if desired, then cut into ½-inch pieces. Toss squash and sweet potatoes with oil and place on a baking sheet in a single layer. Bake until soft to touch, about 20 minutes.
3. Meanwhile, heat olive oil in large skillet over medium heat. Add onion and cook until it starts to turn light brown. Add apples and sage, then roasted butternut squash and sweet potatoes.
4. Continue cooking until everything is heated through, about 2-3 minutes. Add pecans and season with salt and pepper to taste.

Notes

This dish can be a flavorful alternative to stuffing (AKA dressing) at holiday meals.

You can also prepare the entire dish in one pan! Rather than roasting sweet potatoes and squash, add them to the pan raw after the onions, stirring occasionally, until tender, then add the apples and sage. You may want to cut the sweet potatoes and squash into smaller pieces (1/4 inch) so they cook faster. Add or omit any ingredients.

Additional add-in options: Brussels sprouts, leeks, jicama, dried cranberries, dried figs, rosemary, or thyme.

Recipe from Cooking Well Berkeley class: [Fall & Winter Seasonal Veggies, Fall 2014](#)