

spicy butternut squash noodles with sage

SERVES 4

COOK TIME: 10 minutes

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- 1 medium butternut squash
 - 1-2 Tbsp olive oil or ghee
 - 2 tsp cinnamon
 - 6 fresh sage leaves
 - Pinch of nutmeg
 - ½ Tbsp red pepper flakes (or to taste if you don't like things too spicy)
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If you don't have a spiralizer, you can purchase pre-spiralized butternut squash from most grocery stores in the produce section.



CUT the top (solid) end off the butternut squash and peel.

USING a spiralizer, make butternut squash noodles.

HEAT olive oil or ghee in a medium to large skillet over medium heat.

ADD cinnamon, nutmeg and sage leaves.

COOK, stirring constantly for 1 minute.

ADD butternut squash noodles and toss.

COOK another 2 minutes and toss again.

COOK until tender, about 5 minutes.

MAKE IT A MEAL: Serve with chicken, pork tenderloin, salmon, tofu or any other protein and vegetables of choice.