



today's main ingredient

A  LOCAL FOOD PODCAST



Butternut Squash Coins

INGREDIENTS – Serves 4 to 6

1 large butternut squash, about 3 pounds
4 to 6 Tablespoons olive or sunflower seed oil
Salt and pepper
Apple cider vinegar or balsamic vinegar for serving

Preheat the oven to 200°F

STEP 1 – Remove the neck from the base of the squash where it joins the round bulb, reserving the bulb for another use. Remove the stem. Peel the neck with a vegetable peeler or a knife. Slice the neck crosswise about 1/4 inch thick.

STEP 2 – Heat 2 Tablespoons oil in a wide skillet over medium-high heat. Add a single layer of squash and fry until golden and flecked with brown, about 10 minutes.

STEP 3 – Turn and fry the second side. Remove to paper towels and drain, then keep warm in the oven. Repeat with the rest, adding oil as needed. Season with salt & pepper. Serve, drizzled with vinegar.