

Butternut Squash and Chile Pan-Fry

Ingredients

- 1 medium **butternut squash**, about 1½ to 2 pounds
- 1½ Tablespoons **vegetable oil**
- 1 cup chopped **onion**
- 1 teaspoon **salt**
- ½ teaspoon **chili powder**
- 1 can (8 ounces) diced **green chiles** (see **Notes**)
- 1 cup grated **cheese** (try Monterey Jack)

Directions

1. Wash hands with soap and water.
2. Peel squash, cut in half lengthwise and remove seeds. Cut the squash into ½-inch cubes.
3. In a large skillet, heat oil over medium heat (300 degrees F in an electric skillet). Add onions and cook, stirring for about 3 minutes. Add the squash, salt and chili powder.
4. Cover and cook, stirring every few minutes, for 10 to 12 minutes. Stir in chiles and cook about 3 minutes.
5. Sprinkle with cheese and cover until cheese melts, about 2 minutes. Serve hot.
6. Refrigerate leftovers within 2 hours.

Notes

- Prepare fresh chiles by roasting 1 pound fresh poblano peppers (about 4 whole peppers) either by placing them over a stovetop gas flame or by roasting under an oven broiler. Turn them frequently until all sides are charred black, about 7 to 10 minutes. Allow peppers to cool, about 15 minutes. Remove the stems, skins and seeds and chop.
- Like more flavor? Use more or hotter chiles.
- Use as a filling for tacos, burritos or wraps!

