

BUTTERNUT SQUASH CURRY WITH SPINACH AND TOMATOES

This recipe is fantastic! It is easy and loaded with flavor. If you're not a fan of spinach or tomatoes, you can leave them out or add other vegetables in their place. It's a very versatile dish. Sauces always elevate a dish and make them feel special. You can use as much or as little of the sauce to make it the way you like it. You can also add cooked, diced chicken, as well. One serving of this dish is one cup cooked vegetable and covers your vegetable and fat for one meal.



INGREDIENTS

- 1-2 Tablespoons avocado or extra virgin coconut oil
- 1 medium butternut squash, peeled and diced (about 4 cups)
- 1/2 red onion, diced
- 3 cups tightly packed fresh organic spinach
- 1 diced tomato (or 14 oz. can drained diced tomatoes), optional
- 1 Jar Yai's Yellow Thai Coconut Curry or make own recipe (see notes below)
- Himalayan sea salt, to taste

INSTRUCTIONS

Heat large pan over medium-high heat, then add oil. Once oil is hot, add butternut squash and red onion. Reduce heat after squash begins to brown, stirring occasionally until just softened for about 10-15 minutes.

Add in the spinach and mix, allowing the spinach to wilt. Add in chopped tomato and half a jar of the coconut curry. Mix well, adding more of the coconut curry until it reaches your desired amount of sauce. Heat through and enjoy!

If adding chicken or other vegetables, you may want the entire jar.

NOTES

- Yai's can be found in many grocery stores, but not all. I purchase it at Fresh Market, but it's also available online at various stores.
- You can also make your own yellow curry very easily. Mix 1 tsp of yellow curry powder OR 1 Tbsp yellow curry paste with a 14 oz can of coconut milk. Taste and add more powder or paste to your liking. If you like bolder flavors with more spice, add an additional ½-1 tsp at a time. You can always add more, but it's harder to correct too much! You can add some water to thin it, if you like.

