

# Coffee Rubbed Butternut

Plymouth-Canton Ed. Park



## Ingredients

5 tsp. freeze dried coffee  
2 tsp. raw sugar  
2 tsp. salt  
1 tsp chili powder  
1 tsp. black pepper  
Pinch of garlic powder  
½ tsp. dried ginger  
2 tsp. brown sugar  
Pinch cumin  
½ orange zested

1 small butternut squash  
2 Tbsp. olive oil  
¼ c dried cherries  
¼ c. unsalted pepitas

## Directions

Mix all the coffee rub ingredients together.  
Wash, peel, seed and dice the butternut into small pieces, less than ½ inch. In a bowl toss the butternut with the olive oil. Heat a sauté pan until hot, than add all the butternut. Stir occasionally, cook until squash is browned and cooked through. Remove from the heat and sprinkle with about 1 Tablespoon of the coffee rub. Add the pepitas and cherries, toss to coat.

Serve with honey glazed pork tenderloin

## Nutritional Information

	Servings 4
Calories per serving	135
Total Fat	3g
Saturated Fat	0
Cholesterol	0
Sodium	604mg
Total Carbohydrates	17g
Dietary Fiber	3g
Protein	2g