



Butternut Squash Ribbons with Sage Butter

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

6 tablespoons butter, salted or unsalted
**1 small butternut squash, peeled
4-6 garlic cloves
6-8 fresh sage leaves
kosher salt
freshly ground pepper
optional: ½ cup grated Parmesan cheese

Butternut squash options: Liz will demonstrate each option.

- Make butternut squash ribbons in class with Liz
- Use your spiralizer to prepare the squash or purchase spiralized butternut squash-make sure it is VERY fresh!

Equipment for class

Carrot peeler (I prefer a horizontal peeler rather than the old-fashioned type) or spiralizer
Chef's knife
Cutting board
Large sauté pan
Tongs

Directions

1. Heat a large sauté pan with butter over a medium heat. When butter is melted, add the sliced garlic. Cook until the garlic softens, then add the chopped sage. Cook, stirring occasionally for 30 seconds to create a fragrant butter.
2. Add the spiralized butternut squash and gently toss with the sage butter to coat the squash. Cook for 5 minutes, gently tossing the squash to soften to an al dente texture-"with a small bite". Season with salt and pepper. Serve immediately.