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METABOLIC NUTRITION PROGRAM

Sweet and Sour Butternut Squash– 4 Servings

Adapted from Madhur Jaffrey at
<http://well.blogs.nytimes.com>

This dish belongs to a category of Bangladeshi foods known as bharats. Part relish and part vegetable dish, they add extra flavor to a meal.

Per Serving: 170 Calories, 1.7 gm Protein, 11 gm Fat, 18 gm Carbohydrates

- 1 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 tablespoon plain low-fat yogurt
- A generous pinch of ground asafetida
- ½ teaspoon whole brown or yellow mustard seeds
- 4 cups (1 ¼ pounds) peeled and seeded butternut squash, cut into 1-inch cubes
- 3 tablespoons olive oil
- 2 tablespoons chopped cilantro
- 1 ½ teaspoons sugar

Directions

1. Pour the oil into a frying pan and set over medium heat. When hot, add the asafetida and mustard seeds. As soon as the mustard seeds start to pop (only a few seconds), add the squash. Continue to cook, stirring, for about 3 minutes, or until the squash pieces just start to brown.
2. Add 1/4 cup of water, cover with lid, turn heat to low, and cook for about 10 minutes, or until the squash is tender.
3. Add the salt, sugar, cayenne pepper and yogurt. Stir and cook, uncovered, over medium heat until the yogurt is absorbed and no longer visible. Sprinkle in the cilantro and stir a few times. Makes 4 servings.

Nutrition Facts	
Serving Size (159g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	25%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 2g	
Vitamin A 300%	• Vitamin C 50%
Calcium 8%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	